

**REVEALED** 5 New Health Upgrades! P54 **MALAYSIAN EDITION RM10**

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APRIL 2015

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# Men's Health®

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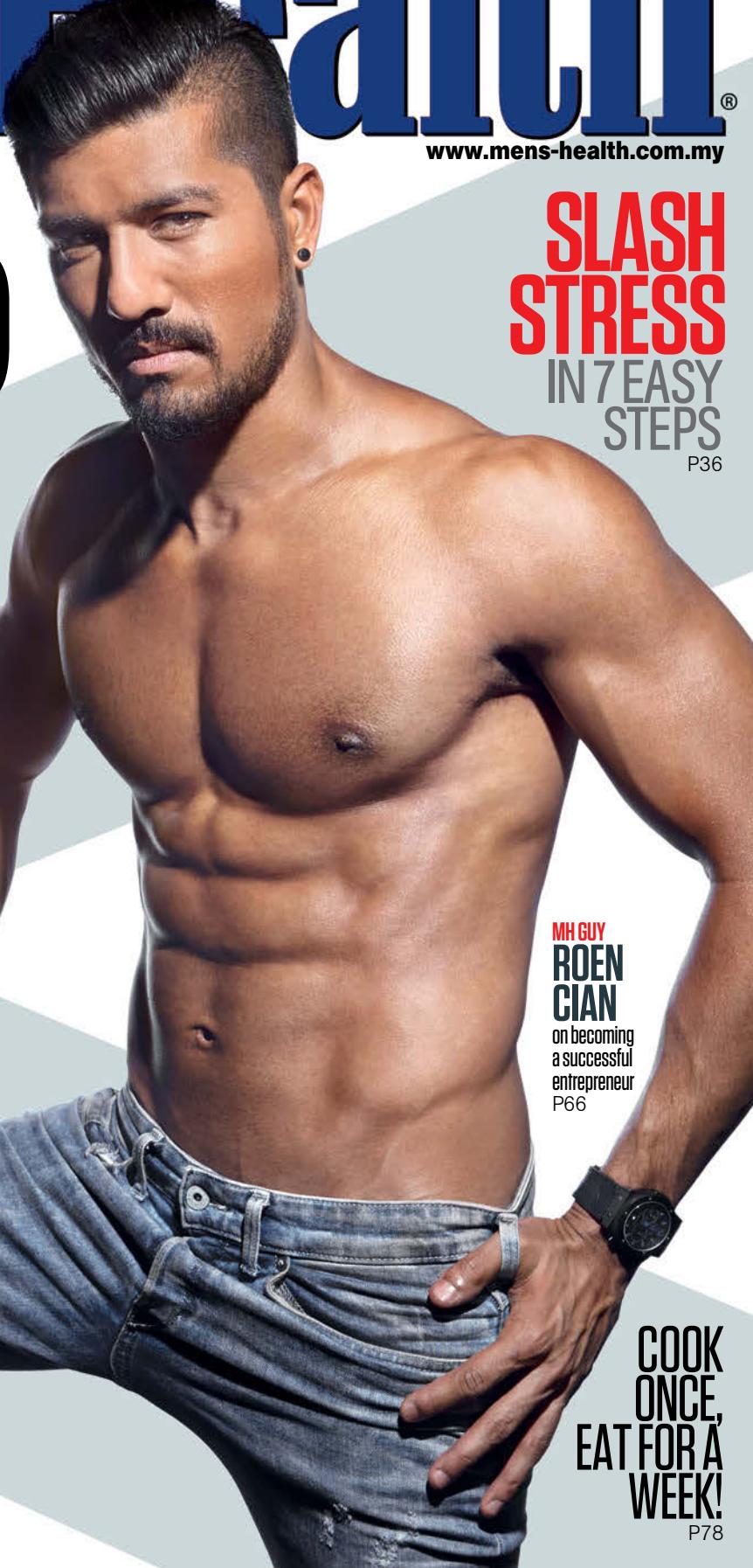
**MAKE YOUR  
SEX FANTASIES  
A REALITY**

P60

**SWAP FAT  
FOR ABS!**

One Regular Man  
Shows You How

P38



**SLASH  
STRESS**  
IN 7 EASY  
STEPS

P36

**MH GUY**  
**ROEN CIAN**  
on becoming  
a successful  
entrepreneur  
P66

**COOK  
ONCE,  
EAT FOR A  
WEEK!**

P78



**RUN**  
**IGNITE**

USAIN BOLT, WORLD'S FASTEST MAN, WEARS PUMA IGNITE.

FOREVER FASTER PUMA 

# STOP RUNNING START IGNITING

THE COMET HAS COME, AND THE WORLD  
UNDER YOUR FEET STRETCHES AWAY  
INTO INFINITY. THIS IS **PUMA IGNITE**  
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PUMA is changing the game of running, and **Usain Bolt**, the World's Fastest Man, plays along. He doesn't run; he **IGNITES.**

**ENERGY RETURN**  
Full length IGNITE FOAM midsole's PU blend offers high rebound cushioning



**STEP IN COMFORT**  
IGNITE FOAM provides instant comfort where you need it most



**LONG-LASTING PERFORMANCE**  
ForEverFoam is injected into the heel to disperse impact and provide extra durability



*"I was introduced to IGNITE about a year ago and I was really happy with the design, it's like no running shoe I have ever seen. It looks good but it feels amazing," Bolt said.*

In over 65 years of making fast shoes for the fastest athletes in the world, PUMA introduces its most responsive shoe ever that draws inspiration from the colors, speed and shape of a blazing comet to keep you Forever Faster on the run.

Put the high energy in, IGNITE gives it back without restrictions. It works its magic through the innovative IGNITE Foam, a proprietary foam that provides high rebound cushioning and immediate step in comfort, alongside ForEverFoam—a compound used heavily in the automotive industry—which is injected into the heel to disperse impact.

"IGNITE is the most comfortable shoe I've run in. I put a lot of wear into my shoes so it's important they're durable but still comfortable," he added.

Secured with maximum energy return and extra durability under your feet, you are ready to traverse an infinite number of moments. Bolt returns a faster result every time he ignites onto the podium. He breaks records and breaks them again. At 9.58, and counting down, he embraces winning with shoes built for long-lasting performance.

It took PUMA nine long years to bring this comet of a shoe to the running scene, but now that it's here, there's just no stopping the future of the sport: runners pushing past every notion of running.

*Begin to IGNITE. "When you put it on your feet, you'll understand," Bolt said.*

# Men's Health

COVER STORIES

04.15

36

**BEAT STRESS IN  
15 MINUTES OR  
LESS**

Eliminate negative pressures as you fire up your muscles.

38

**SWAP FAT  
FOR ABS**

It's time to reevaluate your diet and training plan.

54

**5 HEALTH  
UPGRADES**

Replace your prehistoric routines with these.

56

**GET RIPPED NOW**

Reveal your abs and build a shredded body.

60

**MAKE FANTASY A  
REALITY**

Live out your sexiest dreams by unlocking her alter ego.

78

**COOK ONCE, EAT  
FOR A WEEK!**

Learn the benefits of big-batch cooking to feast your way through the week.





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INOX  
[FORGED TO RESIST]

TEST N° 86/130  
NITRIC AND SULFURIC  
ACID SOLUTION RESISTANCE



P94

# Men's Health



**04.15**  
MORE USEFUL STUFF!



P34



P48



P72



P104

**HEALTH** 14

## THE LONG DRIVE SCENARIO

Use an inflatable to give your back the right support.

**34**

## FROM BP TO STROKE

Understand how high blood pressure could harm your brain.

**72**

## LOSE LIKE A MAN

Golden advice from some of the world's top winners.

**86**

## SMOKE VS VAPOURS

Are electronic cigarettes the real salvation for the legion of men who want to quit?

**FITNESS**

**22**

## THE OLD-SCHOOL WAY

Nothing works the abs harder than traditional crunches.

**40**

## YOUR BEST RECOVERY STRATEGY

13 ways to spring right back in action after an injury.

**18**

## GO ON A LIGHT JOG

Gain more benefits by slowing down your strides.

**24**

## WEIGHTLIFTING OVER CARDIO

Push around some serious iron to trim down.

**58**

## GO BEYOND THE ORDINARY

Explore the often overlooked deep south of Sri Lanka.

**17**

## ARE ORGANIC FOODS BETTER?

With little to no pesticides used, the answer is yes.

**20**

## EAT VEG FOR STRONG BONES

Protect your skeletal health with the proper nutrients.

**26**

## HOW CONFIDENT IS SHE?

Have your way with a woman who really knows what she wants.

**28**

## A DATE WITH ANN OSMAN

Our very own first female One FC fighter opens up on life, love—and career.

**50**

## REINFORCE YOUR SKIN

Identify the problem, find your weapon, and attack!

**94**

## FUN CLOTHES, SERIOUS PLAYER

The right combination is important. Sharpen your image by following a few simple rules.

### ON THE COVER

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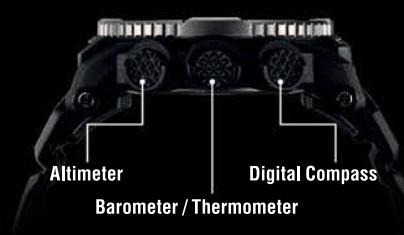


#### Digital Compass

Direction angles



[ Large direct buttons ]



Example shows 8,026m.

Example shows 896 hPa. / Example shows 26.4°C.

\* Takes measurements every second for the first 3 minutes and every 5 seconds or 2 minutes thereafter (selectable).

Example shows 295°. / Example shows WNW.

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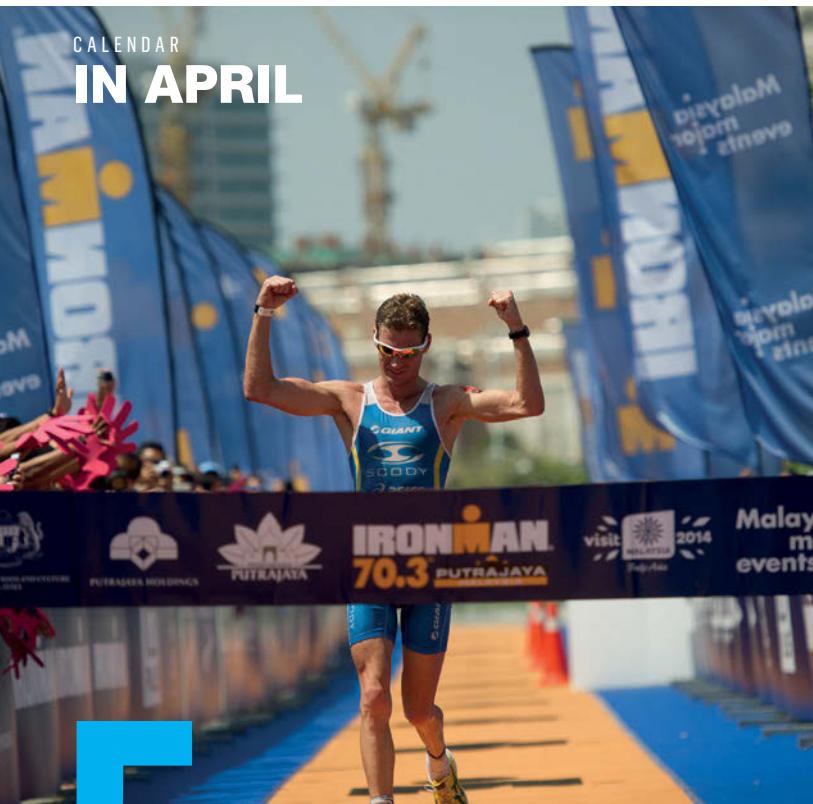
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[adidas.com/watches](http://adidas.com/watches)

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CALENDAR  
IN APRIL



# 5

## Ironman 70.3

We hope you've clocked in some serious training hours, because Ironman 70.3 is ready to roar into Putrajaya this month. For those not participating, you're more than welcome to watch and cheer on some of the nation's fittest as they compete in this gruelling triathlon.

[www.ap.ironman.com](http://www.ap.ironman.com)

# 9

## ASEAN International Films Festival and Awards

Show your support for ASEAN's booming film industry and discover more about regional cinematography at this biennial film festival. Taking place in Kuching, the three-day event boasts a programme that includes a 12-hour movie marathon at the Sarawak Cultural Village and glitzy Gala Night finale.

[www.aiffa2015.com](http://www.aiffa2015.com)

# 11

## Penang World Music Festival 2015

Get your dose of world music when Penang's global music fest sweeps into George Town's Esplanade this month. The two-day event showcases contemporary and traditional performances by local acts and international performers from Spain, South Africa and many more.

[www.penangworldmusic.gov.my](http://www.penangworldmusic.gov.my)

# 22

## A Tribute to P Ramlee

The National Choir is celebrating its 23rd anniversary with a tribute to one of Malaysia's most iconic performers, P Ramlee. The concert will go beyond just music and singing; it will incorporate elements of acting as well to honour P Ramlee's amazing film career.

[www.tourism.gov.my](http://www.tourism.gov.my)

# 22

## Swing Kings

Loosen your ties (or forget it altogether) and bring your dancing shoes—this is the time to let your hair down at the MPO! Get into the swing of things with MPO musicians as they bring you an informal and fun concert experience for all ages.

[www.mpo.com.my](http://www.mpo.com.my)

# 2

## Love Divided: Uda dan Dara 2015

*Uda dan Dara 2015* is a modern re-telling of the classic story of star-crossed lovers by National Laureate Usman Awang. In this version, Uda is a Chinese man living in Kampung Pechala, trying to make ends meet. Dara, who lives just across the highway in Taman Tun Dr Ismail, comes from a wealthy Malay family. Their romance sparks opposition from friends and family, bringing to light issues on social class, race, culture and more.

[www.klpac.org](http://www.klpac.org)

# <<WATCH OUT

# Men's Health

FROM THE EDITOR



## Take it head on

I ran into our regular contributing photographer at a media event one evening with a cigarette dangling between his fingers. But instead of the usual pungent odour, I smelt what he later described as "pure strawberry candy." As it turned out, on closer inspection, he was holding an e-cigarette.

"So you're finally quitting smoking?" I asked.

"I'm trying to cut back," he replied, adding, "It's a healthier alternative."

The next day, I emailed him a study I happened to stumble across online, which claimed that the electronic devices actually contain higher levels of cancer-causing agents than traditional tobaccos. He refuted almost immediately with multiple links to research suggesting otherwise. The longer the discussion dragged on, the more baffled both of us became.

If you're feeling the same, the Special Report starting on **p86** presents an interesting and thorough investigation into the pros and cons, myths and realities of the e-cig hype, where the writer questions whether e-cigs have net benefits, amid concerns that using them in public places will 're-normalise' smoking (especially among the kids) and boost smoking rates. Kicking the habit is no easy feat, but it's definitely worth it.

And a living proof that working hard really pays off, our cover guy Roen Cian talks to us about succeeding in business while living a happy and balanced life—learn his secrets on **p66**. Another person who knows all about putting up a good fight is this month's *MH Woman* Ann Osman. On **p28** she reveals how she keeps raising the bar for her career to become one of the best mixed martial arts combatants, as well as what it takes for a guy to sweep her off her feet.

Facing a challenge? Take it head on, we say!

Enjoy the issue!

A handwritten signature in black ink that reads "John".

John Ng  
Editor



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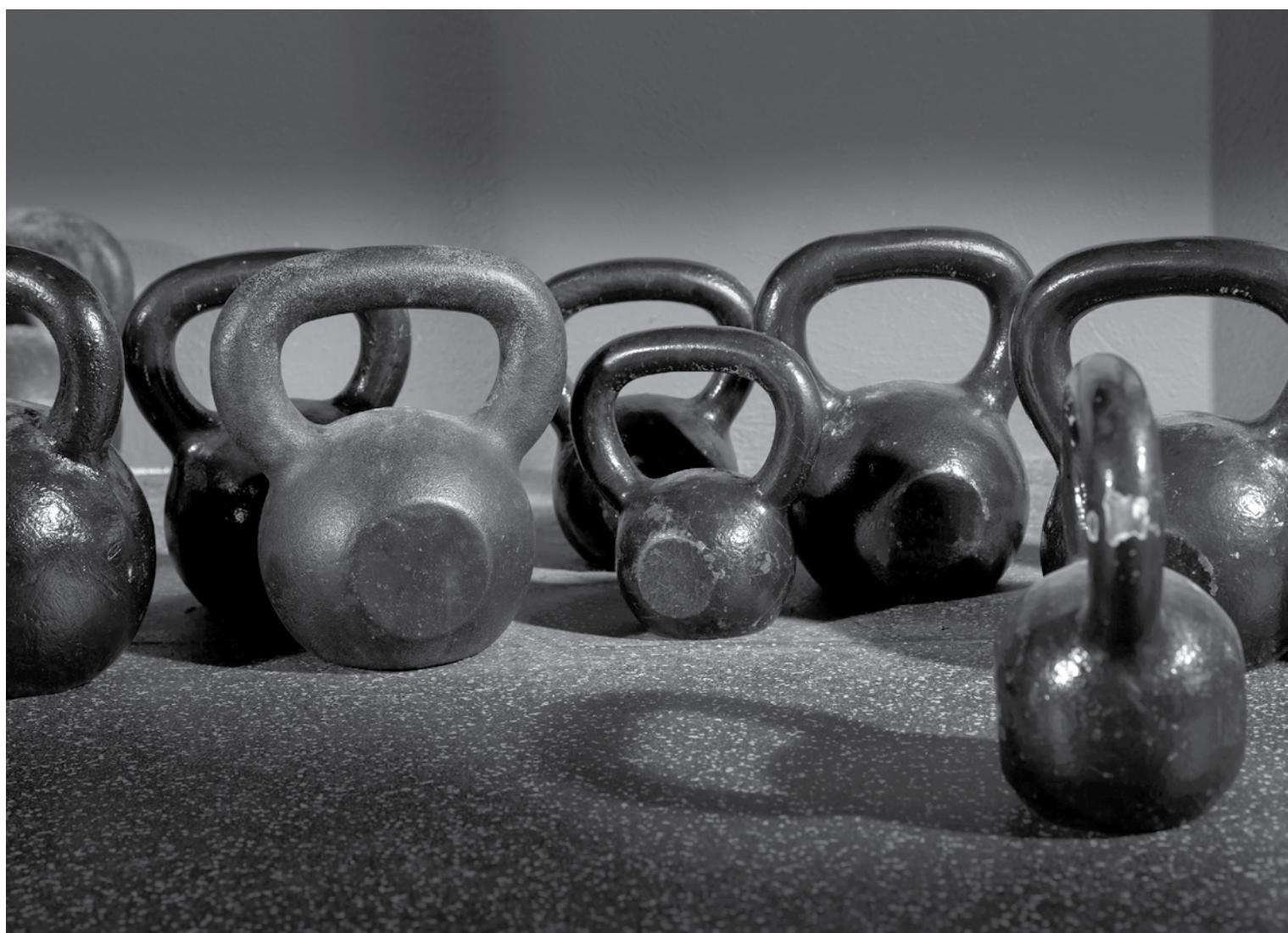
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## I want to start incorporating kettlebells into my workout. How many should I buy, and how heavy?

- FRANK

You'll ultimately need three of these bombs in your muscle-building arsenal—and you should start big. "Many kettlebell exercises, such as swings and cleans, are easier to learn using a heavier bell because your body needs something to push against," says Jason C Brown, head trainer at Kettlebell Athletics in Roslyn, Pennsylvania. He advises that most men start with a 16kg bell and use it to master four exercises: the swing, squat, clean and press, and snatch. These moves can help you relieve tightness in your hips, a common problem area. They also prepare your muscles for the heavier weights: 20 kilos and 24 kilos if your strength is about average. Stronger men can move up to 32 kilos, because kettlebells are designed to build strength and endurance," says Brown. "Once you can handle these big boys, you can just add reps."

### My gym shirt stinks once I start to sweat. What's the fix?

- CHRISTOPHER

We haven't peeked in your gym bag recently, but we bet you have a wicking shirt stuffed in there. Wicking fabric is described as "hydrophobic" because it moves moisture away from your skin—good for staying dry in the gym but bad for BO, says Dr Kay Obendorf, a professor of fibre science at Cornell University.

"The oils in your sweat are also hydrophobic, and they're much harder to remove from another hydrophobic surface than from something that absorbs water, like cotton or wool." That would be fine, except that your skin's oils contain lipids, cholesterol, fatty acids, and ammonia—a veritable buffet for stink-producing bacteria. Our advice: chuck your shirt and buy one of the options we listed here. Now, if you'd rather try to save that smelly rag, Obendorf recommends using the longest, hottest wash cycle the fabric can take (check the tag) along with a sport detergent. The combination of heat and extended immersion can help break down the stubborn oils, while the sport detergent is less likely to leave behind chemical residues that can trap the stench.

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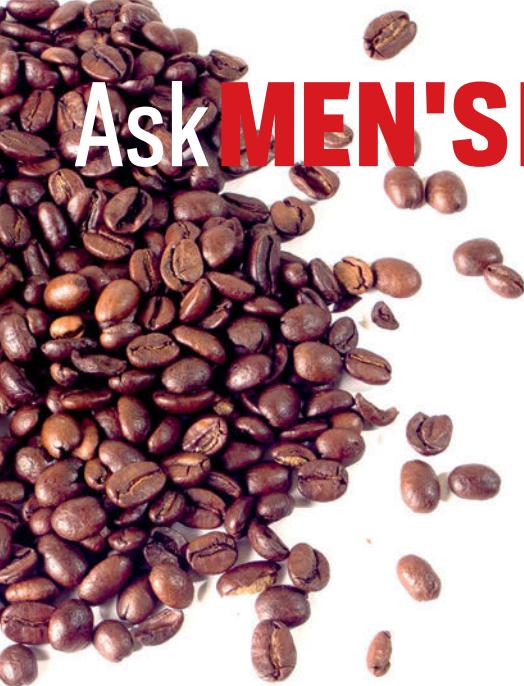
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# Ask MEN'SHEALTH

LIFE QUESTIONS, ANSWERED



## Does lathering up with caffeinated shaving cream reduce razor burn and help make your skin look and feel healthier?

- PATRICK

Men are late to this coffee date: caffeine has been an ingredient in women's moisturisers and eye cream for years. That's because java's jolt has anti-inflammatory properties and acts as a vasoconstrictor to help tighten blood vessels, says Dr Howard Brooks, medical director at Skin Cosmetic Dermatology of Georgetown. In theory, this means using caffeine-spiked shaving cream should result in smoother skin and no more postshave puffiness or irritating razor burn. But in practice, you'll have to lather up daily for three to six weeks to see any improvement in facial redness, according to researchers at SUNY Downstate Medical Center. Plus, the amount of caffeine absorbed by the skin tends to vary from person to person, especially if the pores are blocked, explains Dr Brooks. For the best penetration, wash your mug with warm water before you put foam to face.

## My back always aches on long drives. What can I do?

- THOMAS

Pay as much attention to the curve of your spine as you do to the curves in the road. When you stand, your lower back has a natural arc, one you need to maintain as you sit, says Stuart M McGill, a professor of biomechanics at the University of Waterloo, in Ontario. The trouble is that most car seats are designed for short-term comfort, not long-term support. "A plush seat can cause your spine to slump; this puts pressure on your disks, resulting in pain," says McGill. To take the pressure off, start by adjusting the back of your seat so it's perpendicular to the floor, and then recline it back about two clicks. The ideal position is different for each person, but the angle between your thighs and torso should be about 110 degrees and your hips should be relaxed. Next, if your seat has a built-in lumbar adjustment, set it for softer in the morning when your disks are swollen with fluid, and firmer at night when they're less hydrated. No lumbar adjustment? Use an

inflatable support. If after these tweaks you still find yourself aching on the interstate, stop for a few stretch breaks. Raise your arms overhead and inhale deeply. This lifts your rib cage off your pelvis, restoring the curve in your lower spine. Repeat three to five times at each break, or until you feel less pain.

## My kid wants a kitten, but I'm allergic. What are my options?

- JOHN

You could ape Dr Evil and adopt your own Dr Bigglesworth. But even that wouldn't help. Your running nose and itchy eyes are caused not by feline fur but by dander—microscopic flecks of skin that are constantly sloughing off, explains Dr Stanley Goldstein, director of Allergy and Asthma Care of Long Island. So first, create cat-free zones in your home that you can retreat to whenever you sense an incoming sneeze attack. And keep the pet at a healthy weight—fat cats often have trouble cleaning and grooming themselves, which leads to a buildup of dander. Then consider popping a daily OTC antihistamine pill. For severe symptoms, there are oral drugs that can help prevent the airway from swelling and tightening that could lead to asthma attacks, says Dr Goldstein. Better yet, opt for allergy injections, which will build up immunity and could be a cheaper option in the long run. Last resort: ask a

shelter if you can bring home a feline to test your reaction. This way you can make sure it's a purr-fect fit.

## I often wonder who will come to pay their respect at my funeral. Am I normal?

- JEFFREY

Is it standing room only? Are people crying so much that they're ruining your cadaver makeup? Seriously. Some people may have an unhealthy focus on others' future grief as a measure of their own present worth, say psychologist Dr Jackson Rainer, the author of *Life after Loss: Contemporary Grief Counseling and Therapy*. If the casket scene in your head bothers you, check in with a therapist to explore whether your self-esteem has just hit a short-term dip or you're actually courting depression. But the more likely explanation is that you're simply engaging in innocuous imaginings. "Folks are curious about their impact on others and how they'll be remembered," says Dr Rainer. In fact, thinking about your departure from the land of the living may help you make healthier lifestyle choices and strengthen your relationships today, say researchers at the University of Missouri. "If you deny your death, then it's much easier to deny your health," Dr Rainer says.

## How can I avoid catching a cold or flu bug on a plane?

- GILBERT

As with most air travel annoyances, it's all about who's sharing your armrest. "Plane air is filtered and flows from the cabin ceiling to floor, so the danger is mainly from people sitting in your vicinity," says Dr Fanancy L Anzalone, president of the Aerospace Medical Association. In fact, a recent Australian study found that flu rates spiked for travellers sitting within two aircraft seats of a sick passenger. So if your neighbour is sneezing and hacking, ask the flight attendant if you can sit somewhere else. Full flight? Make sure to hydrate before your flight, and avoid caffeinated drinks: humidity levels in aircraft are so low that the linings of your nostrils can dry out, allowing germ particles easier entry. You should also go OCD on the hand sanitiser. Research from the University of Virginia school of medicine shows that hand sanitisers containing ethanol are more effective than soap and water, removing rhinovirus from 80% of hands tested. Squirt the stuff onto your hands after you buckle your seat belt or handle objects in high-traffic areas, like bathroom faucets and overhead bins; and avoid touching your face.



PHOTOGRAPH DREAMTIME ILLUSTRATION DREAMTIME

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# Bulletins

The latest news on health, sex, nutrition, exercise and weight loss



## Go Green, Get Clean

Thinking about jumping onto the organic bandwagon? According to a study of nearly 4,500 individuals in *Environmental Health Perspectives*, **eating organic produce can cut back your exposure to synthetic pesticides.** Researchers analysed urine samples to uncover the link between organic food consumption and exposure to 14 organophosphate pesticides. Their findings? Guys who opt for organic food on a regular basis are more likely to have lower organophosphate pesticide product breakdown levels in their pee. In a separate study, researchers observed that washing your hands frequently is a good way to reduce exposure to environmental toxins—a distinct correlation between chemical traces on an individual's hands and their urine was uncovered.



## BE BILBERRY HEALTHY

Make bilberry part of your staple diet. Researchers at the University of Eastern Finland discovered that **eating the blueberry's close cousin can dampen some of the negative effects linked to high fat diets**. During the study, mice that were put on a high fat diet experienced weight gain, inflammation and increased blood pressure. Fed with bilberries, a long-term reduction of these health risks—which include obesity-related low-grade inflammation caused by bad eating habits—was observed.

# Health Bulletin



## GO EASY ON THE ACCELERATOR

Slow down during your next running session. The Copenhagen City Heart Study tracked the running habits of over 5,000 runners and found that **joggers who clocked in 1 to 2.4 hours on the track each week lived longer** than those who ran less or more. The verdict: keep your runs to two or three times per week at an easy speed.

**10%**

Decrease in stroke risk when you follow a high fibre diet

Source: CDC

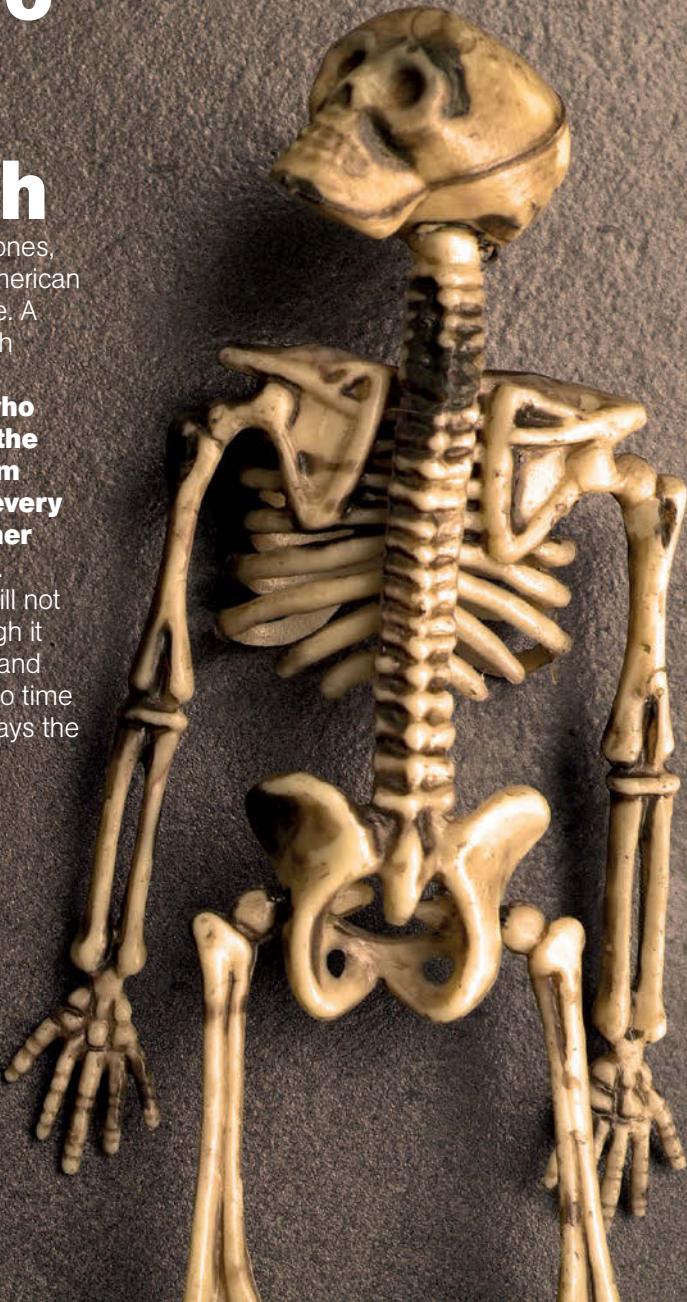


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## Make No Bones About Strength

Get moving for stronger bones, says researchers at the American College of Sports Medicine. A study in the National Health and Nutrition Examination Survey shows that **men who get at least four times the recommended minimum physical activity level every week tend to have higher bone mineral densities**.

Exceeding the guideline will not increase the effect, although it may improve your lumbar and proximal femur strength. No time for a workout? There's always the stairs up to the office.



## IRON IRONY

Looks like that iron pill you've been gulping down is a big waste of effort—and money. Researchers studying the effectiveness of oral iron supplementation and blood donor's recovery time recruited 215 adults who had not made any donations in at least four months to give blood. **The group that was given 37.5mg of elemental iron experienced a slowdown in the body's ability to produce new hemoglobin by 80%**. Now, put that supplement down and let nature do its work.

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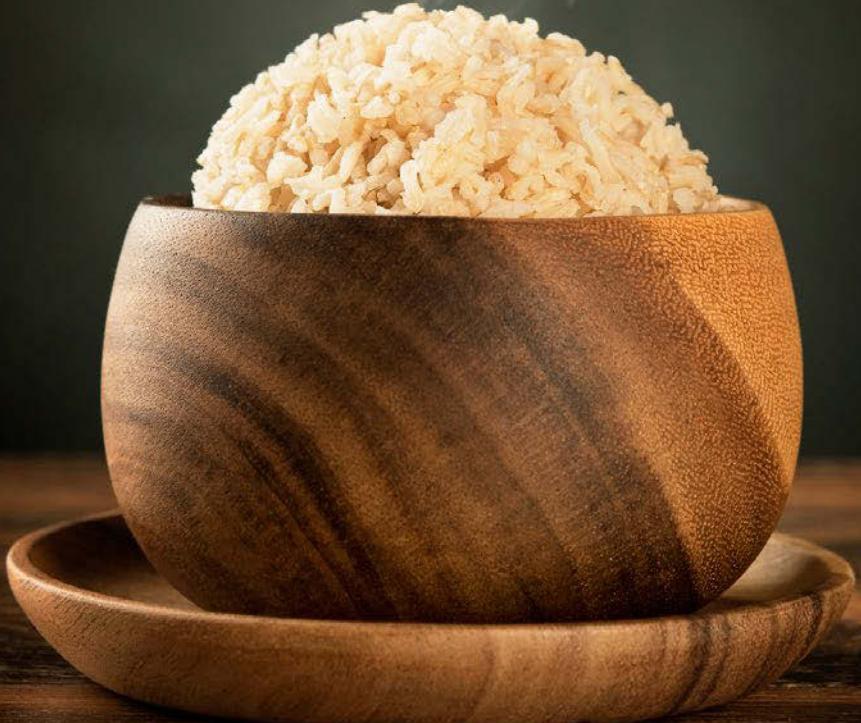
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# Nutrition Bulletin



## Brown or White

Michael Jackson might have been on to something. Researchers discovered that it really doesn't matter if it's brown or white—rice. Neither type poses a health threat to your heart. Rice grains, especially brown rice, has been found to contain arsenic, an element that occurs naturally in the environment and has been known to induce cardiovascular disease. However, a recent study shows that its concentration in rice grains is too low to acutely affect our health. In fact, **the heart healthy components of whole grain brown rice such as insoluble fiber, magnesium, and Vitamin E may counteract the effects of arsenic.**



## ON THE RADAR: A GOOD KIND OF BURN

That chili dish you enjoy so much might be giving you more than just oral satisfaction. **Hot peppers could be the answer to your weight loss woes.** Researchers at the University of Wyoming found that the component responsible for that burn in your mouth—capsaicin—can manage high-fat-diet-induced obesity and prevent other related health complications like type 2 diabetes, high blood pressure and cardiovascular diseases. This benefit has not been demonstrated in a controlled clinical trial; however, researchers are looking into developing a natural dietary supplement as a strategy to combat obesity.



## THE PROTEIN AND THE PEA

Don't underestimate the power of pea protein. Published in the *Journal of the International Society of Sports Nutrition*, a study divided 161 young men into three groups who were asked to consume an extra 25 grams of whey protein, pea protein or a placebo daily. After 12 weeks, **guys who took pea protein were found to have built the most muscle**, followed by those taking whey. Although participants reaped bigger benefits, there was no significant difference in strength gains between the groups.



## EAT YOUR VEGGIES

Skipping out on your greens may cost you your bones. A recent research by the University of Surrey discovered that **potassium salts (bicarbonate and citrate) abundant in vegetables—and fruits—play an important role in improving skeletal health.**

93%

of Malaysian adults consume less than five servings of fruits and/or vegetables per day  
Source: National Health and Morbidity Survey



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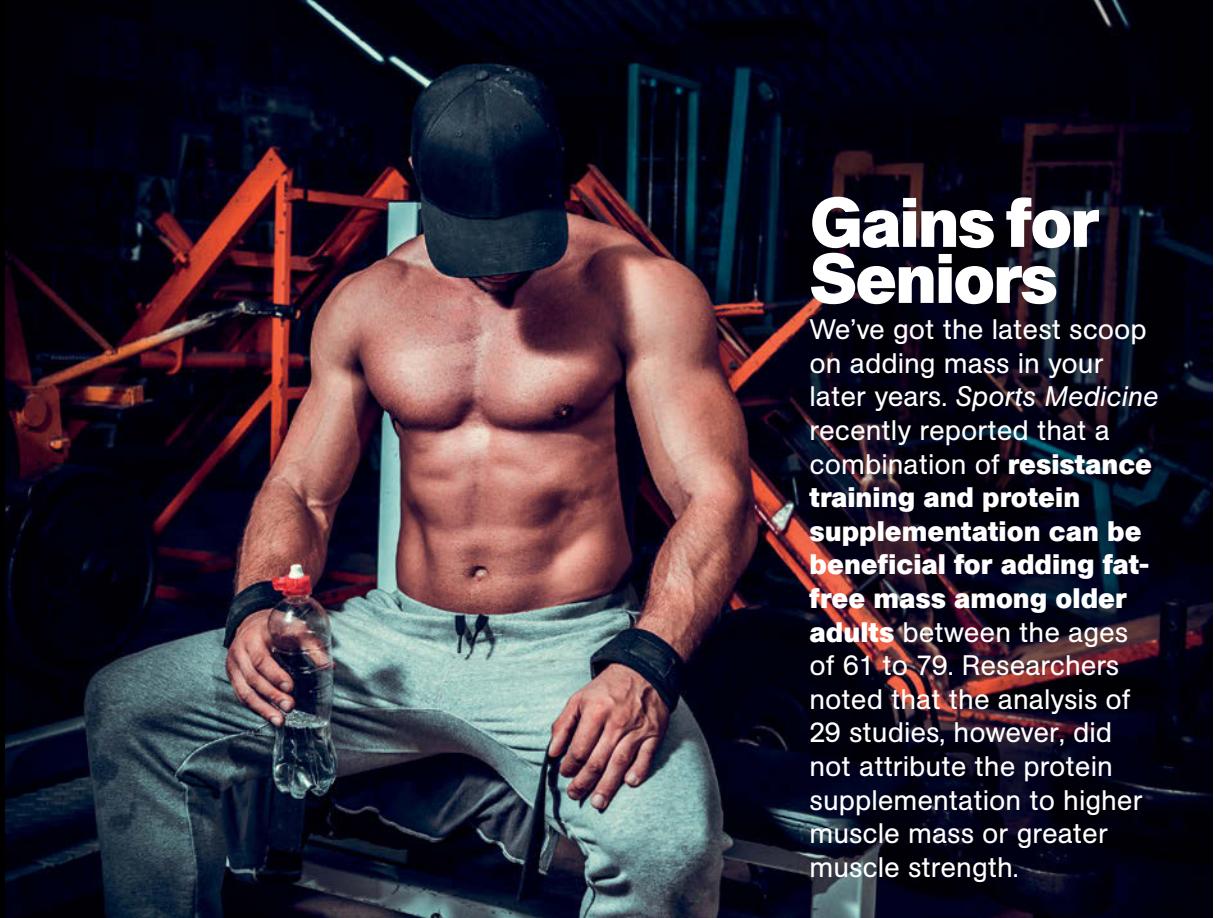
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## Gains for Seniors

We've got the latest scoop on adding mass in your later years. *Sports Medicine* recently reported that a combination of **resistance training and protein supplementation can be beneficial for adding fat-free mass among older adults** between the ages of 61 to 79. Researchers noted that the analysis of 29 studies, however, did not attribute the protein supplementation to higher muscle mass or greater muscle strength.

### Weird Science That Works

## Positivity to Boost Motivation

Need some additional motivation to hit the gym? Here's a nifty mental trick: Think about a past exercise that you enjoyed. In a study by *Memory*, more than 200 college students took part in two surveys. The first queried students on exercise and got them to describe either a positive or negative experience that could potentially affect their motivation levels. After a break of eight days, the students were asked to complete a second survey about their intervening workout sessions: **Individuals who had recalled a positive experience were more likely to keep up with exercise routines.**

## CRUNCHES OVER AB MACHINES

Grit your teeth and keep doing those crunches. A recent study by the University of Wisconsin, La Crosse, compared the effectiveness of eight ab-flattening devices (eg. the ab wheel) against exercises that targeted abdominals such as the yoga boat pose, stability ball crunch and bicycle crunch. After measuring maximum voluntary contraction, researchers concluded that **no exercise induced greater muscle activation than the traditional crunch.** So what are you waiting for? Get down on the ground and bang out some crunches—they're free of charge.

47%

of Americans that think they get enough exercise, according to the Ipsos Public Affairs survey

Source: *Research Alert Pro*



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ON THE RADAR

## MUSCLE UP WITH SOY AND DAIRY

Wondering what's the best way to tap muscle building gains? In a study of 16 teenagers by the *Journal of Applied Physiology*, each individual was given either a soy-dairy protein blend or whey protein within 60 minutes of a gruelling resistance training session, and had their post-exercise blood and tissue samples taken. Researchers highlighted that although everyone went through a similar rise in muscle building markers, **individuals on the soy-dairy protein mix experienced a slightly prolonged rise.**

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## MOM'S THE WORD

If you listened to your mom's nagging voice telling you not to waste that last scoop of pasta on your plate, then you better watch that figure. A recent survey involving 993 American adults to identify behaviours that lead to weight gain and obesity revealed that **guys who clean their plates for the sake of doing it tend to have higher BMI and be more at risk of weight gain** than those who know when to stop because they're full.



## THE GREEN INCENTIVE

**Having a fat pocket may be the key to achieving your target weight.**

To determine whether incentives play a role in promoting greater weight loss in a community-based internet behavioural programme, some of the participants were offered financial motivation and some community support such as group counselling sessions. By the end of the trial, the former group had taken more initiative at losing weight than the latter. Who says money can't solve everything?

# Weight-Loss Bulletin

## 438

Million people expected to be affected by diabetes by 2030

Source: International e-Journal of Science, Medicine & Education



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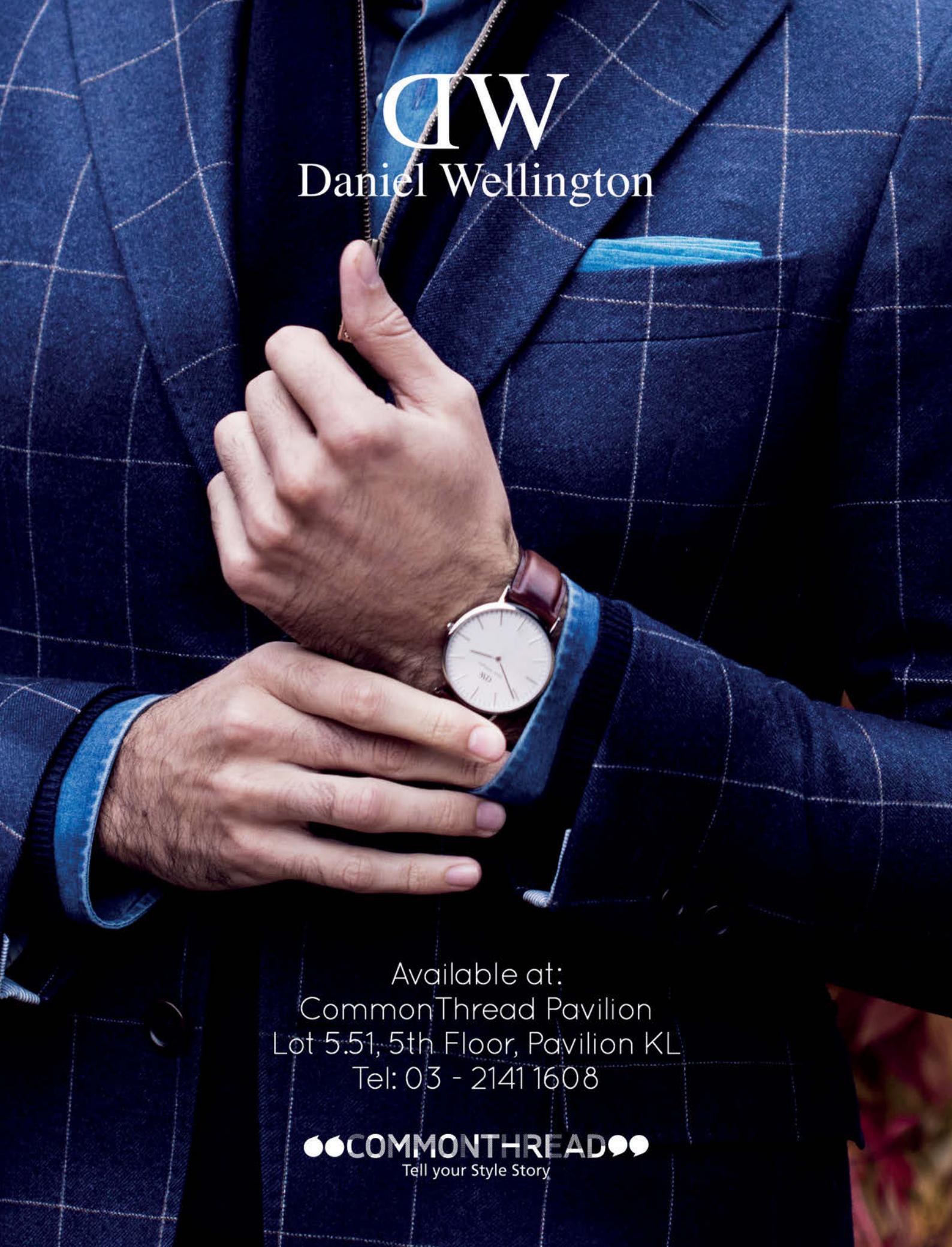
## Lift to Lose

Think all that running will keep your waistline trimmed and unearth those hidden abs? You may have gotten it all wrong. A study on healthy men was conducted to determine the effectiveness of weight training, moderate to vigorous aerobic activity, and replacement of one activity for another in association with maintaining a healthy body size and weight. The results show that while men who participated in aerobic activities maintained a low body weight, **you have a better chance of drastically reducing your waist size if you include weight training.**



## THE DEADLY TRAP

The overweight bloke might just be healthier than a slimmer but sedentary guy. Excess weight has long been associated with diseases and death, but a recent study found that being active is much more beneficial to your life expectancy. According to data collected from 334,161 individuals, **keeping a BMI of 30 and below staves off premature death by 3.66%, while going for 20-minute brisk walk daily improves your odds by 92.65%.**



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## GET HER COCKY

The enigma linked to the female orgasm is nothing new. According to a study in the *Journal of Sex Research*, precursors like **your gal's level of assertiveness and how confident she feels about the relationship could hint at her ability to climax in the sack.**

Researchers analysed the personality traits and attachment styles of over 550 women and arrived at the following conclusion: ladies who experienced ultimate bedroom bliss didn't just score highly in sexual self-esteem or report being mentally in tune with their partners—they also had no qualms in expressing desires, and did not doubt their ability and performance in bed.

## THE ROVING EYE

The verdict is out: our eyes may reveal a little bit more of what turns us on than we realise. According to an eye track movement study of college students checking out photos of clothing catalogue models, men's gazes were indicative of sexual interest. Guys had a habit of fixing their gaze on the upper body and waist-hip region of female models for longer compared to other images. Surprisingly, the ladies were also recorded observing the body of other females, suggesting comparison of the model's physique to their own.

**3.5**

Times on average that a woman's friendliness is misinterpreted as sexual interest by men in Norway.

Source: *Medical News Today*



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# Bulletin Sex

## Happy To Cum?

We may have left our cavemen days, but some of our habits—especially when it comes to magnified measurements and bedroom antics—probably wouldn't have caused our Neanderthal ancestors to bat an eyelash. Out of a 70-men study in the *Journal of Sexual Medicine*, a majority didn't just exaggerate the volume of semen ejaculated—they also attributed a degree of sexual self-evaluation to it. However, researchers uncovered

**little correlation in total semen volume and overall claims of sexual satiety.** The average fluid measurement was 25.3ml—or 1.7 tablespoons. Guys above 60 were the least happy with the volume of their happy time output, which was roughly 50% less than that of their younger counterparts.



## DEBUNKING SQUIRTS

Hate to break it to ya, but your efforts in making her tick—or in this case, "squirt"—might have been as futile as the quest for the Holy Grail. The *Journal of Sexual Medicine* reported that women who ejaculated upon climax may have been taking the piss (literally), but involuntarily of course. Utilising ultrasounds, researchers recorded the content volume of women's bladders after being emptied, during orgasm and post-ejaculation. Although the bladder was emptied at the height of pleasure, it filled up again postcoital. Analysis of the fluid expelled revealed its breakdown: urea, creatinine and uric acid—essentially, pee. Researchers suggest that the involuntary stream can be improved by taking toilet breaks during sex. Water sports? Now, that's something else altogether.

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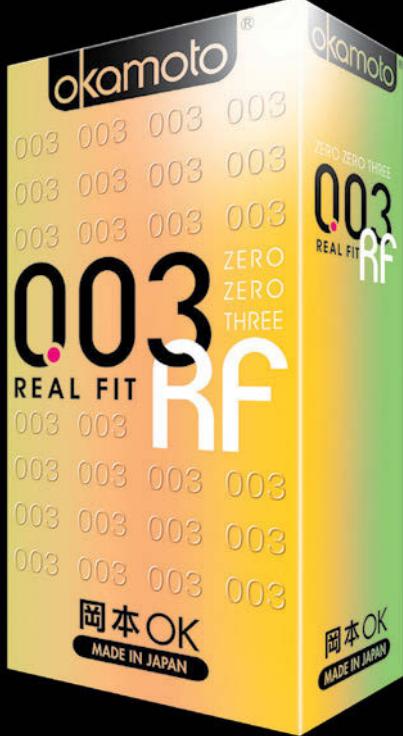
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## Love. With a Punch

Ann 'Athena' Osman's entry into the local MMA scene is one that made waves and created a buzz. The goddess steps out of the ring to give us a blow by blow account of what she likes in a man and how you can keep up.

### "AS MUCH AS YOU DON'T WANT MONEY

**T**O take over your life or relationship, financial stability does play a part. I've been there. I understand the struggles of having financial problems." Ann 'Athena' Osman is out of the cage and in the studio when she says these words. The member of Borneo Tribal Squad and Malaysia's first Female Pro-MMA Fighter with ONE Fighting Championship ("ONE FC") is talking about the unpredictable set of cards you can be dealt with in life and love, when she mentions yet another harsh reality: you can never stop financial problems from creeping in.

But it's not all gloom and doom; according to Ann, you can feel a bit more secure about things if you have a steady source of income to rely on. She gives her two cents on the role that money can play in your interactions with the fairer sex, "I know a lot of relationships crumble because of financial problems. That just says so much; even if you think that you're compatible, you might not be able to find a solution when problems start pouring in. Having some sense of stability is really important in a relationship."

Despite her emphasis on financial stability, Ann's got a different interpretation of wealth altogether. Money and happiness don't come hand in hand, she says. "To me, wealth is not just about having cash and being financially secure. It's also got to do with values, and being rich with good values." She outlines the traits that can make you a champ in her eyes: don't just be a man who can provide for and take care of your partner—be her shoulder to cry on and offer advice when she needs it too. "Sometimes, you can feel

lost, and you need someone to be there to listen and guide you. I need a partner like that."

Ann names trust as the pivotal element that can make—or break—any relationship. She sets the foundation on how you can get along with your Venusian counterpart better with a simple advice: Don't go out looking for trouble.

"I don't go snooping around," she points out. "I'm not the type to invade a guy's space and start checking his Facebook or asking for his password." She cautions against the hazards of making assumptions and jumping to conclusions, saying, "It's either he tells the truth—or he doesn't. It's not something that I'll go *cari pasal*." She explains that lies are often the seeds of your own undoing, labelling them as a deal breaker in her book, "I can feel the vibe or catch if someone is lying. I'm smart enough to know and I hate it if I know that a guy is lying." She touches on the innate sixth sense that girls have, "They say a woman's intuition is really strong. If you're in a relationship, you kinda know the person really well. If something is off, something is off."

Ann opens up about her philosophy on life and how she tries to raise the bar for herself with each challenge, "Once I set something for myself, I work hard. I know that if I put my heart and mind to it, I'll achieve it. Just visualising success and reaching my goals help keep me motivated every day." A fire lights up in her eyes when she talks about the journey ahead, of improving and becoming a better fighter, "I've set my eye on being the first female world champion in ONE FC. That's my ultimate goal right now."

***Is all fair in love and war? Ann Osman shares her take on romance and how you can show a girl like her some lovin'.***

#### MAKE EVERY MOMENT GOLDEN

"I don't need all the fancy stuff. To me, a perfect date is really connecting with the other person, understanding him and enjoying each other's company. It doesn't matter what we do or where we go, as long as we can have one of those chats where you realise, 'Eh. This person really gets me and I get him too.'"

#### COME CLEAN

"How can guys be so oblivious sometimes? Like—doh!—it's in your face. They can be just too simple. Some guys have this ego streak, which I don't get. You can just tell me the truth. Don't deny or twist things and let it turn into a heated argument. You can just save time and energy by admitting to it."

#### KNOW YOUR WORTH

"Never settle. You don't have to be with someone just because you feel that you need to be with a person or in a relationship. You have to be with someone who can really make you happy, someone you can trust. Don't settle and be with a person just for the sake of having a date."

#### TICKLE HER FUNNY BONE

"There's no such thing as the perfect man—but you can always be supportive and understanding. I like guys who give me freedom and still cares a lot about me. Don't be afraid to be funny. As serious as I am sometimes, I'm also a goofball. Everyone at the gym knows that. Someone who's funny too would make my day fun."



***"As serious as I am sometimes, I'm also a goofball. Everyone at the gym knows that. Someone who's funny too would make my day fun"***

# Women's Health

## Malaysian Edition



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## The one I met from Tinder. Yay or nay for a serious relationship?

JONATHAN, SELANGOR

While Tinder has been nicknamed the 'hook-up app', it is nonetheless another mode of meeting people you wouldn't otherwise meet. The potential of the individual being a perfect match depends entirely on how much you genuinely like the person when you meet them; enough for a second, third, fourth and maybe consistent, exclusive dating? Tinder's connection is superficial, as is the girl you approach at a social scene—her with her friends, you with yours. Whether it becomes anything more largely depends on whether the chemistry is worth a few pence more.



## ASK US NOW

Email our regular contributor Vivian Chong your questions on women, love, dating and sex to [editor@mens-health.com.my](mailto:editor@mens-health.com.my)

### I can still smell cigarette on her breath and hand even though she says she has quit. How can I get her to fess up?

KIN, PERAK

Quitting smoking doesn't happen overnight. She might be telling a white lie because she thinks you'd be disappointed in her for not having kicked the ill habit yet. Just be honest and tell her that you can smell and taste her last cigarette every time you both are intimate. But be warned, if she honestly did quit and the stench is absorbed from social outings, she will feel that you're distrustful, unsupportive and accusing her of being a liar. Perhaps crack open the topic by asking, "So, do you have any craving for cigarettes?" or "How do you feel these days now that you're off nicotine?" Open-ended questions are always the best solution.

### My girlfriend isn't confrontational so she writes a bunch of emails airing out her thoughts. How can I get her to sit down and talk?

HISHAM, KUALA LUMPUR

Her choice of communication may not be the way you like to talk about your grievances, but the mere fact that she is in any form or way communicating them is a positive sign. Emails provide a filter so things aren't said thoughtlessly. The art of communicating effectively will build over time as you get to understand her style and she yours, whereby you can start suggesting that things get worked through sitting down. It's just a matter of compromise.

### Given the choice between a one-hour sensual massage or oral, which would women desire?

NAVEEN, SELANGOR

It's a personal preference, but both have its place and time. If your gal is just returning from trekking Gasing Heights, the one-hour sensual massage may just be the admission ticket to gaining a home run. That being said, oral stimulation is a pretty iron clad method to get her to orgasm, which can also release tension, soothe muscle aches and improve health. Test the environment and don't be afraid to ask.

### My 18-year-old cousin is dating for the first time and he's coming to me for advice. Any solid giveaways?

WONG, PENANG

Here you are: Be yourself; don't splurge on expensive gifts but rather create thoughtful ones; always tell the truth if the circumstances allow. The first relationship builds a foundation of other relationships to come in life, if things don't work out. A healthy relationship invests time and effort in both self-development and the providing of happiness to another. Be thoughtful and love will naturally mature.

## THE DOUCHEY ACCESSORIES

STYLIST ASHLEY WESTON SAYS THAT THESE FIVE GRACE NOTES GROSS HER OUT.



### RINGS (PLURAL)

One is fine. But unless your name is Ozzy, keep it that way—not fussy, and never around the thumb. (The '90s are so last century, dude.)



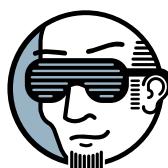
### BRACELETS (PLURAL)

You want your watch to be the main attraction. Stick to a single bracelet, worn on the same wrist that the watch adorns—and no more.



### EARRING(S)

How about you stick with none? Earrings on a man are distracting, and the line between cool and corny is so fine that it's not worth the risk.



### LOUD EYEWEAR

The trend toward cheap "statement" glasses works only if you're a member of LMFAO. Resist; go with a more understated pair.

BRAVE AND DARING  
LABORATORY

# HATERS

## GONNA HATE

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**5 / BRAIN CELLS SUCCUMB**

Without oxygen, your brain cells start to die off within minutes. Depending on the brain region and number of cells affected, symptoms and complications can range from dizziness and hellacious headaches to paralysis, coma, and even death.

**3 / ARTERIAL WALLS STIFFEN**

Your immune system deploys specialised white blood cells to break down the plaque, but those cells can't break it down. Instead, they combine into "foam cells," which spur inflammation. Your arteries' smooth muscle cells form a hard cover over the mixture, stiffening your arterial walls. This pushes your blood pressure even higher.

**4 / A CLOG FORMS**

As blood flows past the buildup, pieces of plaque break loose and float through your bloodstream and toward your brain, where a clot can become stuck in a tiny cerebral artery. Blood and its precious cargo, oxygen, cannot reach the brain cells fed by that artery, causing an ischemic stroke.

# How High BP Causes a Stroke

Stroke rates among the young are on the rise. The culprit: hypertension. Dr Daniel Lackland, a professor of neurosciences at the Medical University of South Carolina, explains how high BP harms your brain.

**1 / THE PRESSURE RISES**

Like a torrent of water rushing through a skinny hose, high blood pressure (140/90 mmHg or higher) forces your arteries to stretch more than they should.

**2 / TINY RIPS OCCUR**

Under that stress, microscopic tears form in the innermost layer of your arteries. Your body tries to repair the damage by churning out clot-forming platelets. Other molecules, including LDL (bad) cholesterol, cellular debris and calcium, become trapped inside the artery wall, forming plaque.

# Athlete's Foot. Unfortunately, it's as bad as it looks.

But now there's a cure.

Athlete's Foot is a skin infection caused by microscopic fungus. Easily picked up in warm, damp environments like changing rooms and gym showers, it feeds off your skin, leaving it sore, smelly and unsightly. But here's the good news – Canesten. It doesn't just relieve the itching, burning, flaking and cracking – it also does away with the fungus for good, so you'll not have to take another painful step. Visit your nearest pharmacy for Canesten.



**Canesten®**  
Trusted brand in eliminating fungal infection



# 7 Moves to De-stress

Send stress packing with this explosive ultimate-fighter-inspired workout. Its high-energy athletic manoeuvres will shoot your fat-burning furnace into the red and chisel every muscle from your head to your fast-moving feet.

**HOW TO DO IT**  
Perform as many reps as you can in 60 seconds, then move to the next exercise and so on. After completing all seven moves back to back, rest for 60 seconds then repeat the circuit.



## START HERE:

Perform as many reps as you can in 60 seconds, then move to the next exercise and so on. After completing all seven moves back to back, rest for 60 seconds, then repeat the circuit.

### 1 / Squat Thrust with Knee Thrust

- A** • Stand with your feet hip-width apart, arms at your sides.
- B** • Bend your knees and lower your hands to the floor.
- C** • Jump both feet back so you're in a pushup position. Keep your back straight and your core braced.

- D** • Jump your feet back up to your hands, quickly stand, then pull your right knee toward your chest. Return to start and repeat the sequence with the left leg. That's 1 rep.

**REPS:** Do as many as you can in 60 seconds.

**TRAINER'S TIP:** Do each step quickly and explosively.

To make it harder, do a pushup here.

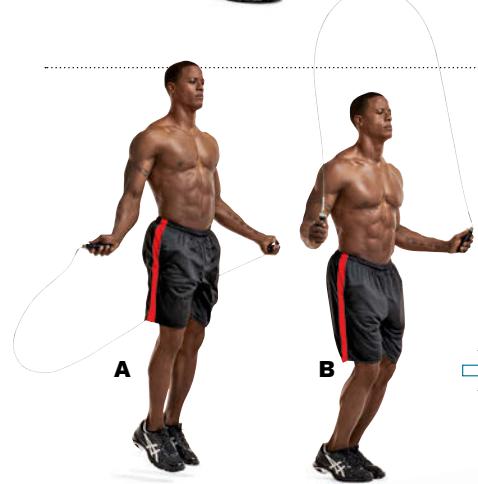


### 2 / Speed Jump Rope

- A** • Stand with your feet hip-width apart and your knees slightly bent, holding the ends of a jump rope.
- Push off the floor with the balls of your feet and point your toes downward, while making small circles with your wrists.
- B** • Land softly on your toes, immediately pushing off again.
- Focus on jumping over the rope as quickly as possible.

**REPS:** Do as many as you can in 60 seconds.

**TRAINER'S TIP:** To make it harder, add a double under, in which you pass the rope under your feet twice in a single jump. But don't just jump higher; keep your hands by your waist and quickly rotate your wrists to create the right rope speed.



### 3 / Situp with Punch

- A** • Lie on your back with your knees bent, your feet flat on the floor, and hands behind your head.

- B** • Brace your abs, sit up and punch across your body six times with your left arm.

- Return to the starting position, sit up and punch across your body six times with your right arm.
- That's 1 rep.

**REPS:** Do as many as you can in 60 seconds.

## REV UP YOUR EXERCISE AT WORK WITH REVIVE ISOTONIC

### REVIVE ISOTONIC RECOMMENDS:

Washing the car for 30mins will increase your heart rate and help you burn around 180 calories. Remember to rehydrate and have fun with Revive!



**Revive**  
ISOTONIC DRINK



#### 4 / Side Kick

**A** • Assume a left-foot-lead boxing stance, fists up.

**B** • Raise your right knee toward your chest.

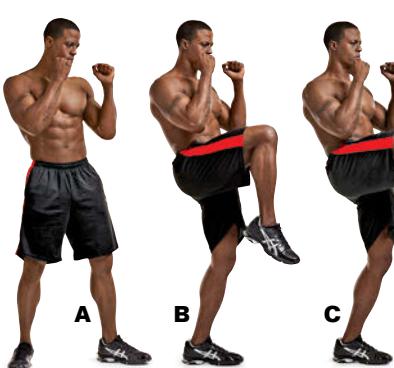
**C** • Rotate your hips and left foot and kick your right leg to the side, pushing through the heel, while punching with your right arm.

- Quickly bring your right leg down, placing it staggered in front of your left. Bring your right arm back in.

- Repeat with your left leg and arm.

- That's 1 rep.

**REPS:** Do as many as you can in 60 seconds.



#### 5 / Front Kick

**A** • Assume a left-foot-lead boxing stance, fists at chin height.

**B** • Raise your right knee toward your chest.

**C** • Kick straight out as if you're slamming a door closed with your heel.

- Quickly bring your leg back, placing it staggered behind your left.

- Repeat with your left leg (that's 1 rep), and continue alternating.

**REPS:** Do as many as you can in 60 seconds.

**TRAINER'S TIP:** Slow it down! Your underused hip flexor muscles will have to work that much harder to control the movement.



#### 6 / Straight Punch

**A** • Assume a left-foot-lead boxing stance with your fists up, palms facing each other.

**B** • Rotate your hips to the left and extend your right arm, twisting your forearm so your fingernails face the floor and your arm is in line with your shoulder.

- Return to the starting position, then repeat on the opposite side with your right foot forward and extending your left arm.

- That's 1 rep.

**REPS:** Do as many as you can in 60 seconds.

**TRAINER'S TIP:** To make it harder, add a double under, in which you pass the rope under your feet twice in a single jump. But don't just jump higher; keep your hands by your waist and quickly rotate your wrists to create the right rope speed.

#### 7 / Knee Thrust

**A** • Assume a left-foot-lead boxing-style stance (or right-foot lead if you are a southpaw), knees slightly bent, fists in front of your chin, palms facing in.

**B** • Quickly raise your right knee toward your chest, drive it back down, and, without changing your left-foot-lead stance, do the same with your left leg.

- That's 1 rep.

**REPS:** Do as many as you can in 60 seconds.



#### TRANSFORM YOUR BODY FOREVER

Want more? Get your copy of The Men's Health Big Book of 15-Minute Workouts at leading bookstores nationwide and [eshop.mongooseasia.com](http://eshop.mongooseasia.com)

# Fit To Survive

Ken was content with his sedentary lifestyle until tragedy struck a close friend. Now, he's committed to staying active and healthy.



## TWO DECADES OF WORKING

a nine-to-five job and putting up with hectic city life had robbed Ken of his health. But it wasn't until the passing of a good mate that he got his wake-up call to completely change his way of living.

As the years went by, Ken had grown to accept the physical condition he was in, albeit it was obviously poor and deteriorating. As he was casually browsing through his Facebook newsfeed one day, he came across a post that yanked him out of his complacent world.

"I saw the messages left on his wall that read 'I'll miss you' and 'You'll be missed,'" Ken says. "As I scrolled down further, I noticed that my friend who was only in his 30s had succumbed to an illness that could have easily been prevented with healthy lifestyle choices."

By then, Ken had been diagnosed with high blood pressure and was advised to start undergoing medication. The tragedy made him reevaluate his life choices and during that moment of self-reflection, he was determined not to depart this world the same way his friend had. So he enlisted the help of a buddy who had gone through a successful weight loss transformation—that was when his own journey began.

Ken started on a diet plan, which entailed three days of clean eating and one cheat day before the cycle repeated again. The diet itself was akin to paleo diet, where most of the calories consumed came from mainly vegetables and meat with minimal salt and sugar. He also began hitting the gym six days a week with only one rest day. Today, he barely struggles as he drapes an iron chain around his neck and performs some pull-ups. His advice: "The recipe to a healthy life is nothing but discipline and willpower—that's all it takes."

## Workout Routine

### MONDAY & THURSDAY:

15min crosstraining (cardio); 3X10 (drop weight sets) delt raises, front raises, lateral raises and upright raises; 5X30 side to side holds, 5X10 Swiss ball V crunches

### TUESDAY & FRIDAY:

15min crossstraining (cardio), 3X10 (drop weight sets) incline dumbbell bench press, decline dumbbell bench press; 5X30 side to side holds; 3X10 side knee raises, 5X10 Swiss ball V crunches

### WEDNESDAY & SATURDAY:

15min crosstraining (cardio); 3X10 (drop weight sets) seated row, lat pull down, one arm dumbbell row; 5X30 side to side holds; 3X10 side knee raises; 5X10 Swiss ball V crunches

### SUNDAY:

## Diet Regime

3 days clean eating, 1 cheat day cycle

**BREAKFAST:** Muesli, yogurt, milk, apple or banana

**LUNCH:** Baked chicken breast/other lean protein, 3 soft boil eggs, broccoli/eggplant

**DINNER:** Stir fried vegetables and chicken



**BEFORE:**

**64KG**

**AFTER:**

**54KG**

**NAME:** KEN ONG

**AGE:** 40

**HEIGHT:** 162CM

**TIME TO REACH GOAL:** 3 MONTHS



# EXPERT OPINIONS

WITH DR STEVE CHIA FROM SLIQ CLINIC ANSWERING SOME OF THE COMMONLY ASKED QUESTIONS.

Dr Steve Chia  
Medical Aesthetic Practitioner  
MBBS (MU), AAAM (USA)

## My childhood acne problems left me with some serious scars. Is it possible to get rid of them?

Acne scarring can be treated effectively with Fractional CO2 laser. This treatment uses tiny beams of energy light to create tiny holes in the skin, which then kickstart the body's natural collagen production at the treated area. The recovery time is much shorter compared to conventional CO2 lasers, typically lasting around five days. With this breakthrough technology, we are able to combine the efficiency of traditional carbon dioxide lasers, which is the gold standard of scar treatment without the traditional harsh effect. It is important to protect the skin with sunblock post treatment. Besides improvement of scars,

laser can be used to treat problems such as open pores, oily skin and uneven skin tones.

**Acne problems are significantly reduced after one treatment, fairer complexion and skin tone, noted improvement in pigmentation and scars, minimised pore size.**



Before

After



## Even after losing weight from exercising and practising a healthy diet, there is still flab especially around my lower abdomen and love handles. What can I do?

Belly fat is considered a major risk for cardiovascular diseases.

Exercise and diet are necessary but can be difficult for targeted fat loss. Fear not, there are other effective methods. A majority of my clients who encounter this problem choose the INDIBA(R) Deep Care therapy. It's clinically proven to break up fat cells, promote lymphatic drainage, as well as increase the metabolic rate to speed up the lipolysis process. Besides contouring and shaping the body, it also helps to rejuvenate, revitalise and tone your physique. The process is painless and takes around 45 minutes per area. Results can almost be seen immediately. Typically, a repeated treatment of five to six times is required weekly.



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T : 010-232 2284

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BeFit Wisma MPL  
Lot 102 (PT), 1st Floor, Menara MPL, Jalan Raja Chulan, 50200 Kuala Lumpur.

T : 03-2022 1884

**SS2 PJ**  
BeFit SS2  
No 2, Jalan 19/30, SS Two, 46300 Petaling Jaya, Selangor.

T : 03-7932 0908

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BeFit Bangi  
633-1, Jalan Medan Pusat Bandar 8, Bangi Sentral, 43650 Bandar Baru Bangi, Selangor.

T : 010-232 2284

**SEREMBAN**  
BeFit Seremban  
No. 54-1 (1st Floor), Jalan MPK 6, Medan Perdagangan Kepayang, 70200 Seremban, Negeri Sembilan.

T : 010-232 2284

# Take A Bath For Washboard Abs

Untie knots, rope in new strength and spring back from injury with 13 tips for deadlift- and desk-proof muscles.

## 1/ SALT WOUNDS

If your desk job is making you cramp up, channel your better half and run a bath. But ditch the lavender for a soak in salts (AKA magnesium sulfate). It eases aches and speeds repair after the gym. You'll feel well seasoned.

## 2/ BEET THE BROS

Dig into spinach, chard and beetroot pre-workout. Nitrate-rich veg increase key muscle proteins. *Physiology* journal found they're easy to juice, if not exactly easy to drink.

## 3/ REST IS HISTORY

Sofa days are for slobbs. Danish researchers found that gently training the same muscle groups you worked yesterday decreases aches. They put this down to a bloodflow boost accelerating nutrient delivery around your body. Comfy.

## 4/ BREAK GOOD

HMB is your fibres' chemical helper. Synthesised from the amino acid leucine, the supp has been found by research group Examine to fight protein breakdown, while French tests show it slows muscle wastage.

## 5/ LIGHT EFFORT

For maximum strength gains, be your inner tortoise, not hare. The University of Tokyo found working with 50% of your 1RM, but so slowly you can only manage 8 reps, is as effective as hammering through at 80% of your max.

## 6/ DON'T BOTTLE IT

Weights make a poor mixer. Massey University, NZ, found even moderate drinking after a tough workout means a loss of strength due to how ethanol treats your torn fibres. Keep the bar and barbells separate.

## 7/ COMPRESS ON

Swap your trackies for tights at home. A *British Journal of Sports Medicine* study found people who wore compression gear post-exercise, rather than during, experienced less soreness. Possibly NSFW.

## 8/ DO THE SPLITS

Rounding off your workout with steak and eggs is no use if you carb-out the rest of the time. A *Nutrition* study found people who split their protein intake had 25% more muscle synthesis than those who ate it all at once. Divide, conquer.

## 9/ PANTS ON

Make like a dog in a heatwave and take rapid breaths (one a second) to recover between intervals. Sydney University found this neutralises acid buildup in muscles, keeping you at peak power for longer.

## 10/ HERE'S THE RUB

Finally, book yourself in for a massage. Yes, it'll make the hurts go away but, according to McMaster Uni, it'll also fire up your mitochondria: your cells' power packs. Stronger mitochondria mean healthier—not just bigger—muscles.



MARINATE IN  
MINERALS  
FOR A  
ROCK-HARD  
CORE

## > HEAT, ROLL OR COOL IT?

Pick your best recovery strategy.

WHAT?	HEAT PACK	FOAM ROLLER	ICE BATH
WHY?	You have tight muscles or recurrent pain after exercise	Your muscles feel knotted; you want to improve flexibility	You are swollen or recently increased your workout intensity
HOW?	Apply a heat pad to the area for 20min up to 3 times a day	Roll over tight areas, pausing wherever you feel tension	After a hard run, soak your legs in a tub of ice water for 10min



MALAYSIA  
**Men's Health** Women's Health MALAYSIA

# NIGHT RUN'15

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## PHILIPS BT1300

Size does matter, but this time smaller is better with the Philips BT1300. Small enough to fit into the palm of your hand, this wireless speaker packs an advanced angled speaker design, allowing sound to be projected far and wide for maximum enjoyment—all without having to worry about your battery life. Focusing on sturdiness without sacrificing style, the speaker is encased in a durable silicon case that comes in a variety of groovy colours to suit anyone's taste.

[www.philips.com.my](http://www.philips.com.my) RM149

## SONY SRS-X5

Coming from Sony's renowned line of portable speakers, the X-series, the Sony SRS-X5 certainly lives up to its name. Boasting 2.1 channel speakers, it produces thumping bass and balanced tones—ideal for any genre of music. The SRS-X5 hits a double whammy: Not only does it look great with its simple yet classy design, it also enhances coverage for the ultimate audio satisfaction. Its bonus speakerphone feature allows you take calls on the go when connected to your phone.

[www.sony.com.my](http://www.sony.com.my) RM699



# Listen Up

4 powerful and stylish portable speakers that let you enjoy your music anywhere.

## JABRA SOULMATE MINI

Audio freaks, rejoice! The Jabra Soulmate Mini is the go-to portable speakers when you want big sound without the bulk. Robust yet elegantly designed, the Soulmate Mini is undoubtedly a looker—one that performs too. Dual front-facing speakers grant the Soulmate Mini amazing range and the power to pump out sick beats. In addition to the Bluetooth and Near Field Communication technology, the speakers can be hooked up to compatible devices with its integrated wire.

[www.jabra.com](http://www.jabra.com) RM379



## KLIPSCH GIG

The portable speaker scene has never been more popular until the introduction of the new Klipsch GiG. The speaker showcases a unique design; an interchangeable wrap-around band acts a protective casing as well as a style statement. Keeping in theme with its minimalistic look, the GiG features a single multi-function twist button. Looks aside, the compact speaker is sturdy and produces remarkable audio playback with good bass and a long battery life, making it perfect for you audiophiles out there.

[store.tcacoustic.com.my](http://store.tcacoustic.com.my) RM769





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# Get Your Toolbox Ready

Your car is late for its service. Here's how you can buy yourself some extra time with the busy man's guide to tackle the smaller issues on your own driveway.

## GO BACK TO THE BASICS

Be it oil, water or gel, your vehicle needs fluid to function efficiently. The best time for inspection is in the morning before you take it for a spin while everything is still cold for obvious safety reasons. "Check your engine oil, water coolant, and brake fluid level for drastic and sudden reduction. Fill them up if necessary," says Mohd Haidar bin Badrul, founder of ATS automobile.

**Estimated time of completion (ETC): 10 minutes**

## MAKE SURE YOUR BATTERY IS WIRED RIGHT

Get back under the hood and locate your battery. Remove all the cables attached to it, starting with the negative one. Clean the battery terminals with a wire brush, then use a mixture of water and baking soda to scrub the posts with the same brush. Rinse it off and pat dry with a cloth before fixing back the battery terminal, this time with the positive one first.

**ETC: 15 minutes**

## HAVE A WELL LIT JOURNEY

When you're done with the battery, move on to the headlights. Find the bulb holder: they look like trapezoid-shaped plugs with three wires coming out of it. Remove the wire harness; if it has a plastic catch, simply press the lever at the top of the plug and pull it out. Replace the bulb and make sure that the rubber gasket isn't



showing before reconnecting all the wires.

**ETC: 10 minutes**

## FUEL FILTER

Changing your fuel filter is probably the easiest task to do, yet the most dangerous. "Changing filters can get a little bit more complicated due to the fuel's pressure. Take the necessary precaution before attempting this," warns Haidar. Make sure your car has been sitting overnight. Once you've found it somewhere along the fuel lines, remove the bolts or fasteners and washers, and replace the filter

with a new one

**ETC: 15 minutes**

## KEEP THE AIR CLEAR

The air filter is situated under the hood, inside a black box secured by metal clips on both or all sides. Take note of the filter's position before removing and replacing it with a new one. Make sure no foreign particles fall into it.

**ETC: 10 minutes**

Congratulations, you've just bought yourself another week!



## Runs Like No Other

### THE LEXUS RC F COUPE

This high performance beast is the hot-rod version of its predecessor, the RC. Powered by 5.0-liter 32-valve V8 used in the last-gen IS F, it gives this coupe a higher speed advantage over the RC with an output of 0-60 time of 4.4 seconds and a top speed of 170 mph (274km/h). For the first time, Lexus uses a Torque Vectoring Differential (TVD) to provide an optimal driving performance. It comes with three operating modes: Standard for a balance of nimble performance and stability, Slalom for emphasis on nimble steering response akin to a smaller car, and Track to provide stability when driving at high speed for an extended period of time. [www.lexus.com.my](http://www.lexus.com.my) **RM782,000**



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## WATCH

**AVENGERS: AGE OF ULTRON**

The sequel to 2012's *The Avengers* by Marvel is upon us. Guys, hold on to your seats because it looks to be yet another thrilling blockbuster from the franchise. The plot continues from the preceding movie, which left S.H.I.E.L.D destroyed. Tony Stark decides to kickstart a dormant peacekeeping programme called Ultron (played by James Spader). Things go horribly wrong when the self-aware, self-teaching artificial intelligence decides that the impediment to peace on Earth is mankind itself, and goes on a mission to eradicate the human race. Naturally, the Avengers assemble to save the world. The movie opens on April 23.

## LISTEN

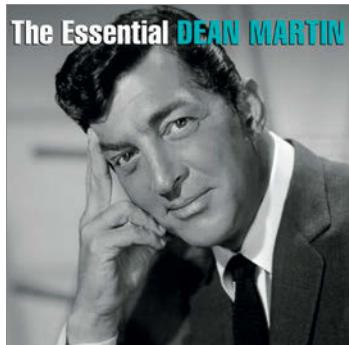


## VARIOUS ARTISTES

**FIFTY SHADES OF GREY OST**

(UNIVERSAL MUSIC)

Before you balk at this suggestion, hear us out: the soundtrack to the much-discussed film is actually very, very good. With an impressive list of contributing artistes ranging from household names (Beyoncé, Ellie Goulding, even Frank Sinatra) to indie stars (AWOLNATION, Jessie Ware), it manages to be sexy, classy and very relevant to current music tastes. Standout tracks include The Weeknd's *Earned It* (a slow burner of a tune with a huge pay-off) and Vaults' *One Last Night*. Play this to set the mood for an intimate night in.

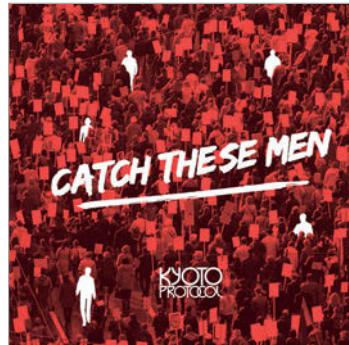


## DEAN MARTIN

**THE ESSENTIAL DEAN MARTIN**

(SONY MUSIC)

Every man should know his classics, and Dean Martin certainly ranks up there when it comes to the greats. If you're not familiar with Martin's discography, *The Essential Dean Martin* is a fantastic introduction. Packed to the brim with 40 songs, the album takes you through the entertainer's phases; from the timeless *You're Nobody 'Til Somebody Loves You*, the rock 'n roll inspired *Everybody Loves Somebody* to the pop-country jam *Houston*. Consider this an education or a refresher for the young and old alike.



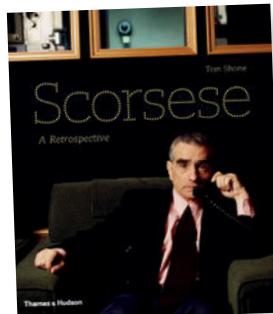
## KYOTO PROTOCOL

**CATCH THESE MEN**

(KYOTO MUSIC SDN BHD)

Local band Kyoto Protocol has put forth their sophomore effort, four years after their debut, *An Album*. The nine tracks featured on this album are a mix of old and new, with some songs actually composed before the release of their debut. One can tell the band's growth in songwriting here. Newer tracks like *Disposable* and *Monster's Ball* with its oddball charm steal the show, showing more dynamics between band members and ambition in composition. Comparisons to Foo Fighters are inevitable, but the band stands firmly on their own all the same.

## READ

**Martin Scorsese—A Retrospective**

BY TOM SHONE

For Scorsese fans and film buffs in general, this is a must-read. Tom Shone is a film critic whose work has appeared in the *Guardian US*, *The Economist's Intelligent Life* magazine, *Sunday Times*, *Slate* and more. Lovingly put together with anecdotes, never before seen images and insights from Scorsese himself, this is a beautiful book that celebrates the life and career of one of modern cinema's most influential personalities. Shone's sharp perspective and in-depth knowledge of the subject matter shines in his commentary on all of Scorsese's feature films. Have this on your shelves and you'd be sure to impress your mates, and a date.



**DON'T SNACK AND WATCH** Skip the concession stand at movies. A study by Cornell University reveals that you're more likely to overeat while watching action flicks. Attributing the mindless eating behaviour to the genre's highly distracting content, researchers noted that blokes tended to binge eat more compared to the ladies.



# BUILT FOR THE RESTLESS



OUR TOUGHEST, LIGHTEST MOUNTAIN FOOTWEAR  
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ROB KRAR © TIM KEMPLE



800 WAUKEGAN RD, DEERFIELD

# The Only Jeans You Need

What's the right jeans style for you? Slim, regular or relaxed, the straight-legged option is definitely a must-have in your wardrobe.

**DENIM IS THE CORNERSTONE OF A man's wardrobe.** You own at least one pair of jeans and probably about seven, according to a survey by Cotton Incorporated. But jeans now arrive in a paralysing array of washes, cuts, and styles. So it's a relief to hear this bit of advice: "You really need to know only one style—and that's 'straight,'" says Andrew Powell, vice president of men's merchandising at Gilt. "The oldest jeans in the world are straight-leg patterns with a slight taper," he adds, "and they hold true even as trends like boot-cut and superskinny jeans come and go."

Here are five of our favourite pairs.

(From left to right)

**EVISU**  
[www.worldofsports.com.sg](http://www.worldofsports.com.sg)  
**RM1,099**

**GUESS**  
[www.fbabenjamin.com](http://www.fbabenjamin.com)  
**RM429**

**ARMANI JEANS**  
[www.club21global.com/my](http://www.club21global.com/my)  
**RM1,160**

**SUPERDRY**  
[www.fbabenjamin.com](http://www.fbabenjamin.com)  
**RM369**

**DOCKERS**  
[www.dockers.com](http://www.dockers.com)  
**RM148**



## NEW LAWS OF DENIM To achieve the best fit, know these essential style rules.

### ROLL OR HEM THEM

Ragged and crumpled pant legs make you look sloppy. Cuff them so they land right at your shoes. If you have to roll more than three times, tailor 'em.

### HIDE YOUR BRIEFS

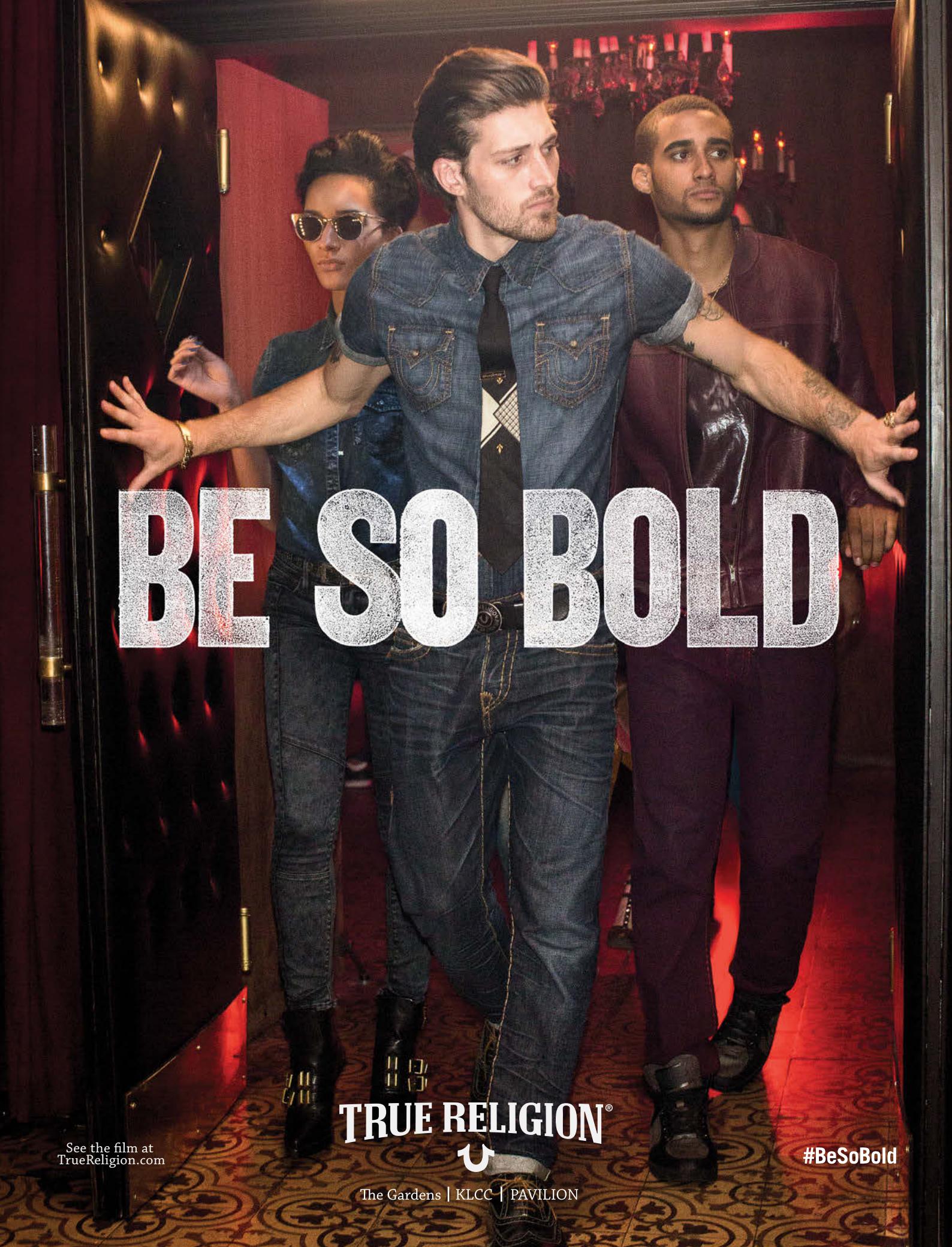
We're not sure where the trend of having underwear billow from your waistband started, but we suspect Justin Bieber had something to do with it. Tuck it in.

### CHECK THE POCKETS

They should be proportional to the jeans. If they're not, smaller pockets will make your butt look bigger, and big pockets will make it look smaller.

### RAISE YOUR RISE

Low-rise jeans are for tweens. The only time a woman wants to see your ass crack is... never. Okay, she might forgive you if you're fixing the sink.



# BE SO BOLD

TRUE RELIGION®  


See the film at  
[TrueReligion.com](http://TrueReligion.com)

#BeSoBold

The Gardens | KLCC | PAVILION

# Save The Face

Need a more potent reinforcement for your skin? Think: Serum. Heed these three rules, and then check out our handpicked tools.

## FIX DARK SPOTS

Activated C, one of the latest-generation of vitamin C derivatives, breaks up existing melanin clusters as it treats pigment currently present in the skin and inhibits new formation. KIEHL'S Clearly Corrective Dark Spot Solution 30ml [www.kiehlstimes.com.my](http://www.kiehlstimes.com.my) RM205



1

## IDENTIFY YOUR PROBLEM

First, you need the right weapon. A serum can brighten skin, fade dark spots, smooth out roughness, and repair UV damage, explains Dr William Huang, a professor of dermatology at Wake Forest Baptist Medical Center. Find your targeted treatment on the right.

2

## LAYER SMART

If you forgo moisturiser at night for a serum, don't forget to apply an SPF moisturiser in the morning. "There's no point in using something to correct damage if you're incurring it at the same time," says Dr Shari Lipner, an assistant professor of dermatology at Weill Cornell Medical College. If you use a morning serum, apply it first so the moisturiser won't block it.

3

## THINK SMALL

Serums tend to be expensive (because they're highly concentrated), but a little goes a long way: a pea-sized dab will cover your whole face. "Serums are made up of smaller molecules than moisturisers," explains Dr Lipner. "So they penetrate your skin more quickly."

## IMPROVE VITALITY

Essential lipids from vegetal plankton, rosehip seed and wheat germ reduce sensitivity as well as signs of fine lines. REN Vita Mineral Omega 3 Optimum Skin Serum Oil 30ml [www.kensapotheчary.com.my](http://www.kensapotheчary.com.my) RM159



## CONTROL OILINESS

The vitamins B and C and anti-oxidant-rich ingredients make this a great alternative to a cream-based moisturiser, while the combination of aloe vera and botanical extracts leaves skin feeling matte. AESOP Oil Free Facial Hydrating Serum 100ml [www.aesop.com](http://www.aesop.com) RM195



## FIGHT WRINKLES

Polyphenol and vitamin C block free radicals, correct and defend the epidermis against daily aggressors, while hyaluronic acid and olive squalane keep skin moisturised. CAUDALIE Polyphenol C15 Anti-Wrinkle Defense Serum 30ml [www.kensapotheчary.com.my](http://www.kensapotheчary.com.my) RM195



# ARE YOU READY?

The #MHCoverGuy contest is back!  
Here's your chance to be on the cover  
of Men's Health Malaysia.

The very first Men's Health Malaysia Cover Guy Search kicked off in January 2014 and garnered over 1,000 entries. The extensive search for Malaysia's finest saw entries from a range of backgrounds, culminating in Arif Johari as the ultimate victor.

Upload a photo of yourself and hashtag #MHCOVERGUY15 to be in the running.



## SPONSORS



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RIP CURL

STORM  
LONDON



# The Quest for Wealth and Joy

Hsu Chuang Khoo's had financial analysts and CEOs in the hot seat, grilling them for responses on money and business performance. The BFM 89.9 deejay shares how you can acquire financial stability and be happy.

**"THE WORLD IS GOING THROUGH A VERY** difficult transition now. The rich are getting richer, the poor are getting poorer and the middle class is getting squeezed. If you don't master this game, you're gonna get left behind."

Brave new world. Hsu Chuang Khoo, a presenter for *The Breakfast Grille* on BFM 89.9 The Business Station, is giving his frank assessment on the current state of financial affairs. He highlights the importance of educating yourself on how the financial world operates, saying, **"You can be an employee and work for people, but you must at all costs learn how economies, investments and markets work.** If you don't do that, you're going to be one of the vast majority that gets their income

squeezed and have their position in society diminish as the years go by."

According to Khoo, learning the ropes of finances and stock markets is not rocket science. He offers taking an alternative perspective, "If you look at it as a game, it's no different from playing Monopoly or Gin Rummy. The rules are there. 99% of people don't remember to play by the rules. But if you learn them and master the game, you'll be okay. If you choose to stay in the system, you have to play the game."

Khoo spells out a couple of basic home truths when it comes to attaining financial wealth, "Nobody got rich working for someone. **You can get rich working for somebody, but you have to invest in yourself.** It may seem

insurmountable when you're young, but persist—the more you know about how markets and economies work, the better off you'll be." His tip on gaining an insider's knowledge and getting a hang of the field? **"Read as much as you can. Get books and magazines—immerse yourself in it.**

Then, get involved in it. Go buy some shares, and property if you can."

But don't get too hung up over accumulating worldly possessions either. In Khoo's breakdown of wealth, money and financial stability accounts for just 30% of the pie. **"Emotional wealth—the amount of loved ones and friends you have—and spiritual wealth is very important. They act as your moral compass and guide you as a human being."** His personal definition of success is simple: It's being able to look at yourself in the mirror and being happy with yourself. "It's the ability to say, 'Okay. I have not strayed too far from the path. I'm all right as a person.'" He expands that it's a similar take on a quote by Gandhi—**"Happiness is when what you think, what you say, and what you do are in harmony"**—and adds, "That will make you into a happy person because you're not being untrue to the universe in any way, shape or form."

## GET YOUR PRIORITIES RIGHT. COME OUT ON TOP.

### DON'T DROWN IN THE RAT RACE

"Too many of us start our working lives with this erroneous view that we've got to work 12, 15 hour days just to show up to the bosses that we're working hard. We spend too many years trying to appear busy, hardworking or feeding into the bosses' ego. Focus on things that have a better return of investment, either from a personal or professional perspective."

### UP YOUR PRODUCTIVITY

"You don't have to work till 10pm or be the last car in the parking lot to get a promotion or raise. The earlier we realise that quality is better than quantity, the better. Get help from mentors and advice from elder people. Shortcuts are not a bad thing—they're good because they help you get from Point A to Point B faster."

### BRING BACK BALANCE

"You've got 24 hours in a day. Divide it up—if you sleep for seven hours, you've got 17 hours left to do your s\*\*t and live a complete life. Spend time with your loved ones, exercise and have some spiritual time. You must look after other areas of your life as well—it's not just about the career."

### HONE YOUR SKILLS

"Financial skills and interpersonal skills are probably the two most important things you need to succeed in life. The problem is, we don't learn them in university. The better you get at these two things, the more chance you have of success—whether you want to ace the interview or retire early."

Check out our website at [mens-health.com.my/insideout](http://mens-health.com.my/insideout) for the latest event and promotion updates.

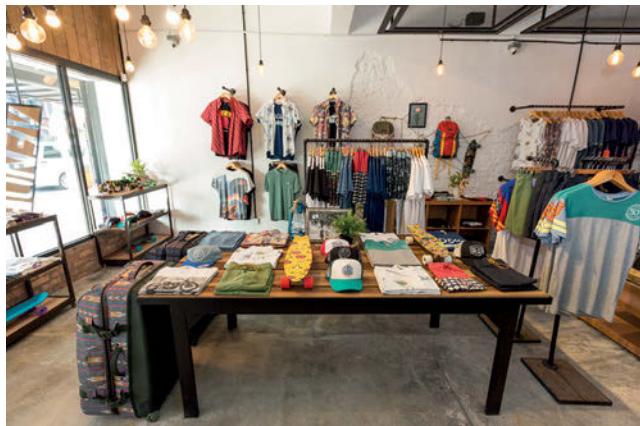


## Mangrove 4 Life by Berjaya Hotels & Resorts

The Mangrove 4 Life campaign by Berjaya Hotels & Resorts (BHR) is a collaborative effort involving Berjaya Langkawi Resort (BLR), Institute of Foresters Malaysia (IRIM), Malaysian Nature Society (MNS) and the villagers of Kuala Melaka, Kuala Terengganu. With IRIM's participation and contribution of mangrove saplings for planting, the three-day campaign saw fervent support from over 100 participants comprising BHR staff, media members, Sekolah Kebangsaan Kuala Terengganu students and Kampung Kuala Melaka residents. The programme served as a platform to strengthen efforts on mangrove conservation, as well as create awareness on the important part that they play to the ecosystem.

"Mangrove habitats and ecosystems are of utmost environmental importance for a whole range of reasons—they store and cycle nutrients, filter pollutants, protect shorelines from erosion and storms, and play a vital role in modulating climate as they are a major carbon sink and oxygen source, and, in addition, sustain livelihoods of coastal communities. With this new project, it is of great hopes that we can restore balance to the ecosystem of the area and contribute to conserving these functions that benefit the environment," said Andrew J Sebastian, head of communications for MNS.

[www.berjayahotel.com/langkawi](http://www.berjayahotel.com/langkawi)



## Venue Arrives in Bangsar

Up your game when it comes to street fashion. The multi-label store Venue recently opened its doors in Bangsar, offering fashion forward individuals a fantastic selection to showcase your innate sense of style. Spanning 1,000 sq ft of retail space, Venue houses an exclusive range of brands including Official Crown of Laurel, Rip Curl Surf Craft, Burton and Dickies.

[www.ve-nue.com](http://www.ve-nue.com)



## Under Armour for All-Around Support

The new Under Armour Speedform Gemini performance shoes pack in speed with an added layer of cushioning. Featuring a comfortable perforated upper with ultrasonic seal, foot conforming footbed, responsive midsole, and lightweight blown rubber outsole, they're specially designed for long distance running—and as everyday trainers.

[www.underarmour.com.my](http://www.underarmour.com.my)



# Clean Up Your Routine

**Is the advice you live by dead wrong?**

## YOU'RE STUCK IN THE STONE AGE.

Sure, genetically you're 100% *Homo sapiens*, but some of your health habits are practically prehistoric. Everything evolves, including the research on what does and doesn't work to keep our species alive. That means you may be trying to fight death and disease with the equivalent of flint arrowheads. So how do you know what's obsolete and what isn't? After surveying nearly 500 guys, we came up with a carbon-dated list of fossilised strategies and the 2015 tips to replace them.

## How many times a day do you brush your teeth?

28%	ONCE A DAY
6%	AFTER EACH MEAL
66%	TWICE A DAY, MORNING AND EVENING

You clean your teeth in the morning and evening, so why not at noon too? Because those extra brush strokes can erode your enamel, especially if you just ate some acidic foods for lunch, says Dr Jeffrey M Cole, the 2013 president of the Academy of General Dentistry. That means your best dental intentions may damage your choppers, leaving your mouth *more* prone to cavities, gum disease, and decay.

While three times is too many, once isn't enough. Unless you have perfect brushing technique (few do), one pass is bound to miss spots, says *MH* US dentistry adviser Dr Mark S Wolff. Use the rule of twos: brush twice a day for two minutes each time. At midday, use floss to make your mouth presentable after lunch.

## What do you do when you're running a fever?

- 44% TAKE AN OTC FEVER REDUCER  
6% COOL DOWN WITH A COLD COMPRESS  
50% JUST LET IT RUN ITS COURSE

Running a fever isn't so much a sign that you're sick as it is a billboard that you're trying to heal. How so? An increase of just 1 to 2 degrees in your body temperature boosts the productivity of your immune cells and helps them fight off infection, says Dr Elizabeth Repasky, a researcher at Roswell Park Cancer Institute in Buffalo. That means the 44% of guys who pop pills and the 6% who try to cool down, may actually be taking the infection's side in the battle.

When you have a fever, your body shivers, signalling you to move to a warmer spot—such as under the covers. "The general advice now is 'Don't fight that urge,'" Repasky says. The exception: Seek help if your fever hits 39.4°C or higher or is persistent—lasting longer than three days.

## What do you do to clean and treat a wound or cut?

- 29% RINSE IT WITH WATER; THEN BANDAGE IT  
40% LET IT BREATHE UNTIL IT SCABS OVER  
31% CLEAN IT WITH HYDROGEN PEROXIDE

Congratulations: You're all doing it wrong. For the 40% of tough guys who think bandages are for babies, that battle wound may turn into an ugly scar, say Harvard Medical School researchers. They found that letting a wound scab over instead of keeping it moist is more likely to cause inflammation, which extends healing time and can result in unwanted scarring.

And while the sting of hydrogen peroxide makes you think it's working, the stuff is ineffective at stifling bacteria, a University of Miami study review found. As for OTC antibiotic ointments, they're known to cause skin reactions, says Texas-based dermatologist Dr Anna Drosou. So wash your hands, and then flush the cut with water. Next, add a dab of petroleum jelly to keep it moist. Apply a bandage.



## How do you typically deal with back pain?

- 12% POP A PILL AND PRAY FOR RELIEF  
14% ICE, HEAT, AND REST UNTIL THE PAIN STOPS  
74% TRY TO KEEP MOVING AND STAY MOBILE

We get the logic: When in pain, take a pain pill. But a back attack doesn't listen to logic. Last year a *Lancet* study found that popping acetaminophen for lower-back pain was no better than swallowing a sugar pill. And an Australian study review concluded that heating your back may provide brief relief, but the evidence that icing works at all is lacking.

There's only one way to escape the stranglehold on your spine: Move. "People are often scared of movement, but it's the best thing for healing a back," says Dr Christopher Maher, lead author of the *Lancet* study. Just avoid pushing too hard too soon, he advises. Begin by taking a simple walk around the block, and then gradually up the activity ante over the next couple of weeks.

## How do you stay hydrated throughout the day?

- 54% DRINK EIGHT GLASSES OF WATER  
20% DRINK WHEN I'M THIRSTY  
26% DRINK WHATEVER MAKES ME PEE

## HEAL THYSELF?

YOUR DOC MAY NOT HAVE THE HEALTHIEST HABITS EITHER.

42

Percentage of medical doctors who are either overweight or obese

6.5

Number of hours the average doctor sleeps on a typical weeknight

4

Percentage of doctors who confess that they smoke cigarettes

# Max Muscle Mobiliser

UNCOVER YOUR ABS AND BUILD AN INDESTRUCTIBLE BODY WITH THIS CROSSFIT-INSPIRED SWEAT STORM.


**DESIGNED BY**

Kelly Starrett, DPT, CSCS, cofounder of San Francisco CrossFit

**BEST FOR**

Boosting shoulder and hip mobility, fighting flab, and packing on lean muscle mass

**EQUIPMENT**

Dumbbells, treadmill, foam roller, lacrosse ball

**CALORIES BURNED**

821\*

**TIME**

50 minutes

\*As measured by a fit 6'2", 84kg man using a Polar M400 heart rate monitor

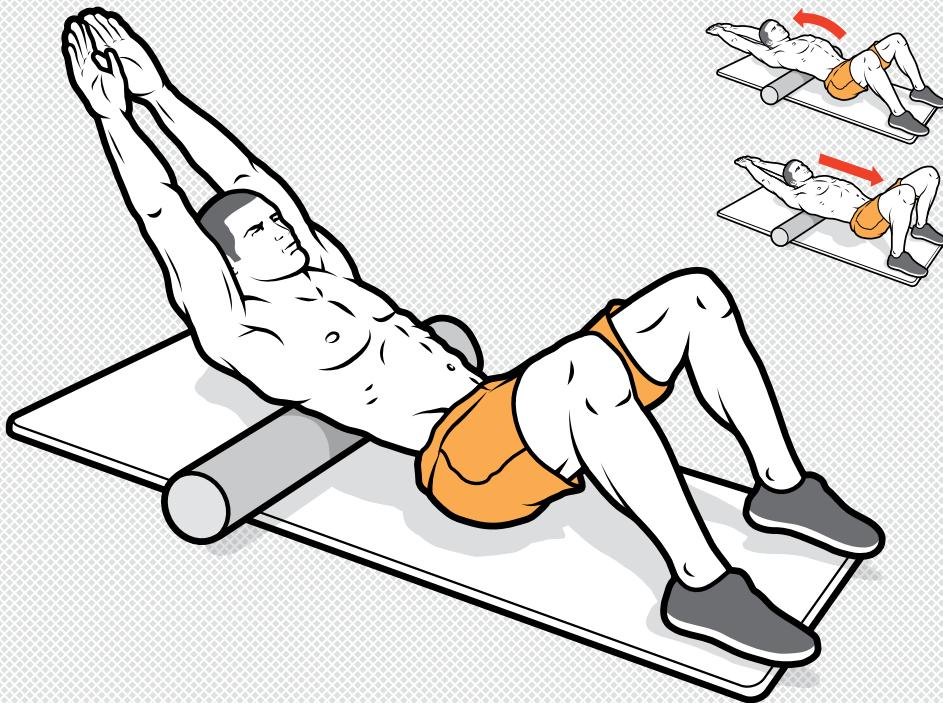
**DIRECTIONS**

Warm up on a treadmill for 5 minutes. Do the joint mobilisation exercises (Part 1). Then move on to the workout (Part 2): Do 1 set each of 1A and 1B. That should take less than a minute. Rest for the remainder of the minute. Repeat for 2A and 2B. Then sprint on the treadmill for 1 minute or 200 metres, whichever comes first. That's 1 cycle. Do 10. Finish by walking for 5 minutes and doing soft-tissue exercises (Part 3), 1 set each.

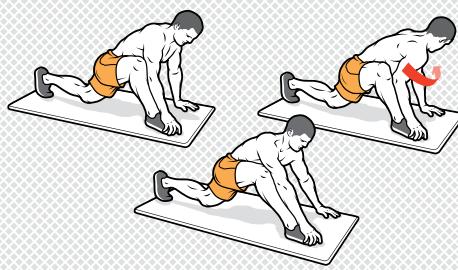
## 1

**JOINT MOBILISATION**
**1/ Spine Foam Roll**

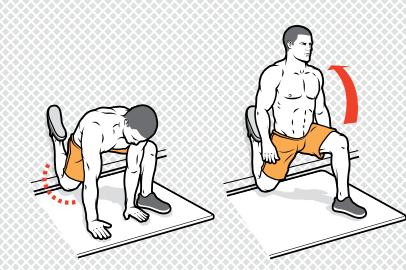
Place a foam roller on the floor behind you, sit on your glutes, and lean back on the roller. Bring your arms over your head and place your hands together. Arch your back over the roller, and slowly return to the starting position. Repeat several times, and then lift your butt off the floor and move backward and forward on the roller. **Time:** 2 minutes


**2/ Hip Sequence**

Assume a lunge position, right leg forward, with your right hand on your foot and your left hand on the floor. Push your right knee out as you rotate your body left. Now drive your hips back, straightening your right leg. Switch legs and repeat. **Time:** 2 minutes per leg

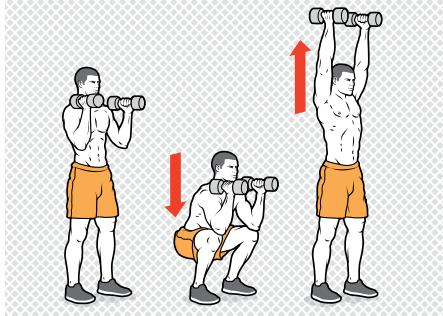

**3/ Couch Mobilisation**

Back your right knee into the bottom of a wall and move your left leg into a lunge position, knee bent 90 degrees. Raise your torso and hold that position. Switch legs and repeat. **Time:** 2 minutes per leg

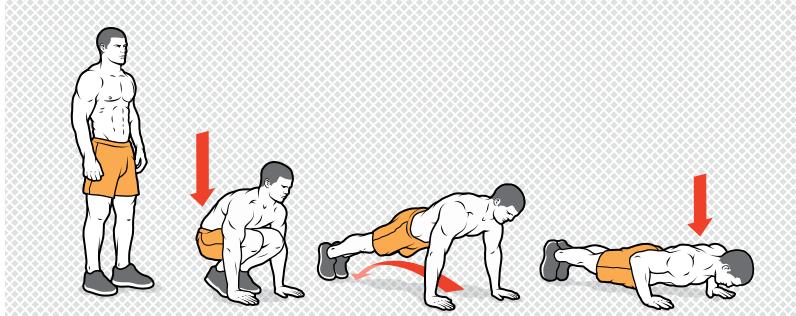


**1A/ Dumbbell Squat to Press**

Hold the dumbbells in front of your shoulders. Squat down, then explode up, thrusting the weights straight above your shoulders. **Reps:** 5

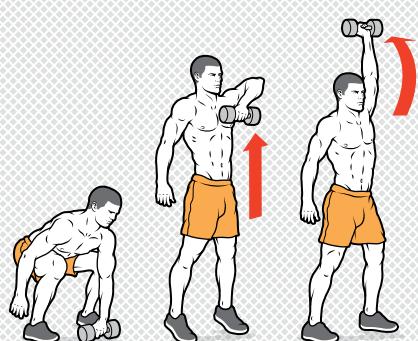
**1B/ Burpee**

Stand with your feet shoulder-width apart. Push your hips back, squat down, and place your hands on the floor. Kick your legs back into a pushup position and do a pushup, lowering your chest to within a few inches of the floor. Return to a squat, stand up, and repeat. **Reps:** 5

**2A/ Snatch**

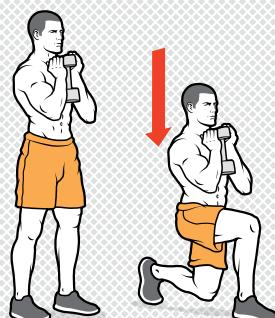
Place a dumbbell on the floor between your feet and grab it. In a single movement, lift the weight up your body and try to throw it at the ceiling (without letting go). Return to the starting position. Do all your reps, switch hands, and repeat.

**Reps:** 5 per hand

**2B/ Dumbbell Goblet Lunge**

Hold a dumbbell vertically in front of your chest, cupping the top like a goblet. Step forward and lower your body until your front knee is bent 90 degrees. Return to the starting position. Do all your reps, switch legs, and repeat.

**Reps:** 5 per leg

**1/ Quad Smash**

Lie on your left side with a foam roller positioned beneath your thigh, just above your knee. Slowly roll to your right until you're facing the floor. Knead the area of muscle pressed into the roller by raising and lowering your left heel. Move the roller farther up your thigh and repeat the process. **Time:** 1 minute per leg

**2/ Gut Smash**

Lie on the floor with a lacrosse ball or softball beneath your navel. Roll the ball around by moving your body. Knead tight spots by curling the heel of your leg on the corresponding side of your body up toward your butt and then lowering it. **Time:** 2 minutes



**NEVER SAY DIE**  
3 WAYS TO KEEP  
GOING WHEN  
ALL YOU WANT  
TO DO IS QUIT.



**THINK SMALLER**  
Big sets can feel daunting. "Don't think about the 50 reps ahead of you, just the next 5," says CrossFit Games champ Rich Froning.



**REMEMBER WHY YOU LIFT**  
Whether your goal is health, strength, weight loss or vanity, keeping your eye on the prize makes it easier to resist fatigue, says Froning.



**BE COMPETITIVE**  
"When things get hard, I think, 'Someone somewhere is working harder than me,'" says Froning. Competition is powerful motivation.

# The Southern Serendipity

Discover the wide and diverse range of adventures from Sri Lanka's deep south.

**IT CAN BE HARD TO IMAGINE JUST HOW VARIED THE** comparatively small island nation of Sri Lanka is without actually witnessing it for yourself. We visited the green and mountainous heartland of the country last year, which is not unlike a huge and wild version of Malaysia's own highlands, and a majority of visitors to this enchanting destination don't even make it that far. Many find themselves totally captivated by the pristine western and southern coastline—and it's not hard to see why.

Just over three hours south from Colombo, the southernmost tip of the island is where the unspoiled beaches with crystal-clear waters that team with aquatic life and perfect surf are located. A short road hop from these shores and you find yourself at the mighty and even more raucous Yala National Park, a place infested with amazing wildlife.

There really is something here in the deep south for just about any traveller to gorge on.



#### TRAIL MASTER

#### A WALK ON THE WILD SIDE

Sri Lanka is home to numerous national parks. The most popular of these parks is Yala, which is easily accessed by bus from Matara/Mirissa and the south.

Here, you will likely spot many Sri Lankan elephants, and probably leopards too, as there are more per square kilometre in Yala than anywhere else in the world. If you're a wildlife warrior or up for a tropical safari then this is a great place with a very high probability of sightings.

Be prepared to spend RM300 or so for a half-day tour, and check the costing details before paying up.

#### A WHALE OF A TIME

There are few better places to see whales than just off the southern coast of Sri Lanka, with Mirissa being one of the most popular places to sail out from. Blue whales and dolphins frequent these waters year-round with other species also being regular passers-by, so there's a 90% probability of a good sighting.

There is no shortage of whale watching options, but do check out their ethics in advance and expect to pay around RM250 per trip.

#### SURFS UP

Surf on the southern coast is some of the finest in all of Asia. There are plenty of great beaches with surf lodges and rental gear available, especially along the coast between Galle and Mirissa.

Check out [www.surfsouthsrilanka.com](http://www.surfsouthsrilanka.com) for an overview.



Plenty to explore at the southern coastline.

#### SCUBA DO

As you might imagine, there are some excellent scuba diving options along this coastline. The waters are at their most favourable between December and February. Make sure to check the credentials of the operators before signing up.

#### PEDAL POWER

The main coastal road between Galle and Mirissa is really spectacular, and can get very busy. There are also plenty of small back roads and trails to be discovered inland from Galle. It's not the best region in Sri Lanka for cycling, but it's a great way to explore the local rural life.



#### ESSENTIALS

Visas are available upon arrival, but it's much easier to apply online in advance at [www.eta.gov.lk](http://www.eta.gov.lk).

If you plan on cycling, bring along your own bike and spares as there won't be any to be found outside of the Colombo area. Watch out for reckless bus drivers. It's also wise to avoid the busy main coastal roads.

Do not rely too much on route advice, even if they come from the locals. Decent road maps are available in most places.

Before booking any whale watching or safari excursions, do some research about the company's ethical practices as well as any hidden fees or extra charges.



#### WHERE TO STAY

If time is on your side, it may not be a bad idea to travel along this coastline to look for accommodation that suits your taste and budget.

Galle Fort is a nice place for a couple of nights—a little like Malacca—where the beach resorts can be a little hustle infused.

Mirissa has several options of all standards and there are some great and small resorts dotted along the coastline too, which are ideal for solace.

Expect to pay similar rates as you would in Malaysia but with more budget options to choose from.



#### GETTING THERE AND ABOUT

The flight from KL to Colombo takes a bit over three hours and a half, and there are some superb deals that you can find online like AirAsia ([www.airasia.com](http://www.airasia.com)).

Depending on the time of arrival, you can either stay overnight in Colombo or Negombo (close to the airport), or get a taxi straight to the Colombo Fort Railway Station or the bus station for Galle/Mirissa/Matara.

The journey takes around three to five hours, depending on the traffic or number of train stops. Note that the trains are often overcrowded, whereas the decent air-con buses are a much faster and more comfortable option. Plus, they run all day long.

Hiring a moped in Galle is a good way to explore the area.



#### WHEN TO GO

Different regions of Sri Lanka endure different monsoon seasons. The best time to visit the south coast is between November and April, when it's mostly warm and dry. After which, it gets hot and dry from June to September and heavy rains usually fall through September to October. ■

# HOW DO YOU MAKE FANTASY REALITY?

**MH UK sex columnist Nichi Hodgson helps you live out your dirty dreams and discover hers too.**

## IF THERE'S ONE THING THAT WORKING AS

a professional dominatrix taught me, it's that men worry too much about sexual fantasies. You can't seem to shake the archaic idea that sex is something men "do" to women; that women keep men and their filthy side "in check". It's simply not true. We're as filthy as you. In fact, stats from lovehoney.co.uk say 45% of women want sex more often than men. Let the experiments begin.

## CAN YOUR FANTASY HANDLE REALITY?

Before you share it, you need to figure out how much you and your partner have in common. Emily Dubberley, author of *Garden of Desires*, suggests this indirect disclosure trick: "Start by reading the filthy bits of erotic stories to one another. It'll immediately tip you off on what gets her hot. If she recoils at something you'd love to try, that doesn't mean it's off-limits, just that you have to approach the chat with caution."

The conversation is best had remotely. As Meg Barker, senior psychology lecturer at Open University, says, "It's much easier to write out fantasies and share them." Do it over text. Start by sending her a link to one of the stories. Then cut and paste the bit that gets you going and encourage her to do the same. Besides saving embarrassment if either one of you has misjudged the other's turn-ons, it ramps up the anticipation if you've found common ground.

Rather than focusing on persuading her to do that thing, think of fantasy sharing as a game. Barker suggests creating a yes/no/maybe list of the eight hottest things you can think of to see what your filthy minds have in common. If you've

never talked about this stuff before, you'll be seriously surprised – the top four things on the list will probably be things she's already tried, so don't get jealous. And for more hesitant partners, the 'maybe' element will also give her room to tentatively agree to things without signing on the dotted line. To kick things off, lie in the dark and talk through your lists. Verbal foreplay is proven to turn us women on much more than men, so you're more likely to get what you want.

## THE NIGHT OF YOUR LIFE

Let's start with the basics. Some explicit websites might seem ideal for inspiration, but they're concerned with promotion, not education.

For advice in acting it out, books are ideal. They go into more detail than any website can. Try *Wild Side Sex* by Midori for an intro to fetish, or *The Ultimate Guide to Kink* by Tristan Taormino if you're not sure what you fancy—it's a whistle-stop tour of sexy subjects. These books also cover the law: She might be thinking wistfully about sex on a beach (women's favourite fantasy, according to a 2013 survey by Totally Bound publishing), but sex in public can land you up to 10 years in prison, if you partake on the wrong shore. Mykonos good, Clacton bad.

## NOW GET DOWN TO IT

For dating coach Charlie Nox, it's all about preparation, "especially if you're experimenting." If you're opening your bedroom door to let a third party in—the most common male fantasy—abide by these rules: never include someone you know; use a fake





If you want to become  
her fantasy, you need  
to take the lead.

name; and meet on neutral ground. Not only will booking a hotel add to the sense of fun, it means associations aren't created with where you usually do your business. This is a fantasy, so keep it that way.

So you've done the research—now for your play date. A drink to relax is good; downing bottles is not. When the action starts, introduce a scale. Barker suggests asking your partner to rate how she feels from one to 10. Fantasy enactment increases the potential for confusion, especially if the fantasy has anything to do with serious misbehaviour or physical pain.

## WHERE FANTASIES COLLIDE

● MEN    ● WOMEN

MUTUAL  
MASTURBATION



SEX TOYS

MAKING A SEX  
TAPE



SEX IN PUBLIC

## THE AFTERMATH

Over the following days, keep checking in with your partner to make sure she feels OK—particularly if you're hoping it will happen again. Do it by text or email in the first instance, but bear in mind she'll be unwilling to use her work email to detail how she enjoyed being bound and gagged. Take her out, have a few drinks and chat about it. Under no circumstance should it resemble an army debrief.

Depending on the activity, there may be some physical repercussions (spanking marks can hang around for days).

If you've followed correct procedure, you will have unlocked a side to her you only hoped existed. But be careful what you wish for: I once kicked a man so hard in the crotch with the sharp end of my stiletto he had to go to A & E. That certainly wasn't it the script. ■

Check out our website at [mens-health.com.my/insideout](http://mens-health.com.my/insideout) for the latest event and promotion updates.

### Sports Direct Opens at The Intermark

Sports Direct—UK's premier sports store—has opened its eagerly anticipated new branch at The Intermark Mall, Kuala Lumpur. Sportsaholics shopping at the store's vast 13,000 sq ft outlet will be spoilt for choice with a great range of brands including Under Armour, Nike, Adidas, Asics and many more.

[www.sportsdirect.com.my](http://www.sportsdirect.com.my)



### Super Styles with Superdry

Superdry breathed a refreshing air of change into its Spring/Summer 2015 collection by turning to the tropics for inspiration. Check out the unique designs that exude a distinct summer vibe such as palm tree-printed international chino shorts and cargo lite. The collection utilises classic colours for its premium deck and water polo shorts, and comes with various footwear, accessories and men's beachwear items too.

[www.superdry.com](http://www.superdry.com)



### Native Shoes Hosts Regional Media Launch

For its Spring/Summer 2015 collection, Native modernised the classic moccasin and desert boot with the Apollo Moc and Apollo Chukka. Partners and media members from all across Southeast Asia attended the recent media launch to slip on Apollo Mocs and try out the world's largest themed wind tunnel for indoor skydiving at iFly Singapore. Guests were also given the opportunity to board the Singapore Flyer capsules where Mark Gainor, Native's creative director, and Shawna Olsten, Native's vice president for Global Brand, expounded on the season's theme, design inspiration and overall brand philosophy.

"For the Apollo programme we selected the moccasin and chukka boot. Two iconic, classic silhouettes, and re-imagined them using ultra-light breathable microfibre, single piece pattern, no-sew welded construction, and a three-piece blown EVA outsole," Gainor shared. "The end result of this 'Future Classic' concept was a fresh take on a classic, and most importantly that they look and feel like a Native shoe."

[www.nativeshoes.com](http://www.nativeshoes.com)



# ACHIEVE THE IDEAL BODYSHAPE

---

Target and freeze twice the fat in half the time with Dual-Sculpting.

The ideal male body shape is almost impossible to achieve with just eating right and working out. Men would go on unrealistic diet plans and extreme exercise routines to attain that "quick fix" only to have their body return to its original unsightly form before long. The gold standard for surgical fat reduction, namely liposuction, is a popular option, albeit it is not for everyone because of the downtime and other possible risks.

CoolSculpting works differently. It eliminates targeted excess fat in areas such as the abdomen, hips, back, chest and waistline through a unique process called cryolipolysis which



## DR LIM TING SONG, MD

*The Sculptor* Dr Lim has been actively involved in body sculpting work in the past few years. Graduated from Tohoku University in Japan under the Japanese Government Monbusho Scholarship, he was trained and worked in both Japan and USA as medical physician before residing back to his home country, Malaysia. Dr Lim and his team in Clique Clinic has been working to sculpt the ideal body shape by introducing the multi-disciplinary approach, combining diet, exercises, medical and state-of-the-art technologies without needing to go under the knife.

uses freezing temperatures to activate the body's own natural destruction of fat cells. The destroyed fat cells are not only gone, they are gone for good! No medication or anaesthesia of any kind is required.

The non-invasive procedure can literally be done over a lunch break, allowing you to return to work, and your busy, active lifestyle. Success rate for CoolSculpting has been consistently high ranking, and is gaining momentum every day. Studies have shown up to a 25% fat reduction in successfully treated patients. The initial results are subtle, taking about three weeks before you will start seeing changes. Exercise and healthy eating is recommended to help patients maintain long-lasting results.

Getting rid of unwanted fat is now even easier, and faster! Using two Zeltiq CoolSculpting® machines, Dual-Sculpting allows you to tackle not one but two body parts simultaneously to maximise efficiency by cutting your treatment time in half. Like CoolSculpting, it involves no needles, no surgery and no downtime. Available only in selected clinics in the world, Dual-Sculpting is ideal for busy working men where every single minutes count. What's more, there's also CoupleSculpting, a new term used in Clique Clinic where two individuals can have their CoolSculpting treatments done together, which is a perfect way for friends, couples and family members to share the benefits of the procedure.

### THE DAY OF YOUR PROCEDURE



1 Before beginning treatment, your physician thoroughly discusses the procedure and answers all your questions.



2 Your area of concern is measured and marked to ensure accurate placement and size of the applicator.



3 Comfortable and non-restrictive, it's a good time catch up on some reading or even enjoy a meal on the house. And with two CoolSculpting machines, your treatment can be done in half the amount of time.



4 After the first hour of treatment, your skin is temporarily red and raised. The gentle massage that follows is designed to further reduce the fat layer.



**coolsculpting®**

### ZELTIQ COOLSCULPTING®

CoolSculpting's unique technology uses controlled cooling to freeze and eliminate unwanted fat cells without surgery or downtime. The procedure is FDA-cleared, safe and effective. The results are lasting and undeniable.

### PROVEN RESULTS WITHOUT SURGERY

Renowned Harvard University scientists, Dieter Manstein, MD and R. Rox Anderson, MD, observed that some children got dimples due to eating popsicles. The idea that cold can selectively affect and eliminate fat cells without damaging the skin or surrounding tissue was the insight behind Cryolipolysis®, the proven science on which the CoolSculpting procedure is based.

**clique**  
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# KEEP THE MO



# MENTUM GOING

*Roen Cian constantly pushes and tests the limits to set his career on a flight plan. Let his experience be your lesson in the power of success.*

**LAST YEAR, WHEN ROEN CIAN AND I MET UP TO DISCUSS THIS** feature story, I set him a goal:

"Perhaps we can consider the possibility of a cover if you can get your body in the best possible shape in the next 100 days." He took on the challenge like a pro-athlete, stopping short of actually shouting, "Come on!"

Today I arrive half an hour before the scheduled call time for the photo shoot at The Roof. Cian lets out an echoing groan as he finishes off the last rep of pushups next to his personal trainer Medhi, reminding him to maintain his form. The 34-year old notices me and walks over to offer a firm welcome handshake, and a cup of coffee, before getting straight back on the floor to hit those abs with double crunches. He's conspicuously leaner and stronger than before.

His physique is a testimony to inner reservoirs of ambition and drive. The man of the hour—an advertising and marketing major from the University of Canberra, Australia—opens up about the early days of his career: "I worked in advertising for nearly 10 years where I represented leading agencies including Naga DDB, Leo Burnett and Grey Worldwide.

"When I knew I was ready to jump the bandwagon to try something new, I left to pursue my passion in the F&B and entertainment business. The time I spent at prominent corporations provided me the platform I needed to succeed in this fickle industry." Having lived most of his life in Kuala Lumpur, the resolute businessman of Chinese-Indian parentage opened his first bar in 2009, which saw an immediate propulsion of his career in the way he'd expected.

Since then, Cian has moved on and cofounded The Roof, The Hill and The Pool. Due to the innate perception of his occupation, he is often thought to be someone who "parties real hard and doesn't work! But what *those* people should know is that I have in fact found a profession I love very much." *Work hard, play harder* is his motto.

More recently, Cian and his business partners launched Life Juice Co, a health food company that produces cold pressed juices, smoothies, organic elixirs and nut milks to offer fresh, unpasteurised, organic juices and food to consumers. "It simply began with us making juices for ourselves," he says. "One thing led to another; after a research trip to Australia and the US, we decided to kick off our very own super foods bar."

With two outlets and more on the way, Cian unveils that they're also working on upcoming projects that include a sports complex comprising two full-sized, FIFA approved football fields with flood lights, yoga studios, boxing gyms, athletic facilities, cafés and potential futsal courts too.

Cian has a few tricks of the trade to make it big. Do you?

## THE MENTOR

Accomplished businessmen usually have more than one thing in common, but the one that sits at the very heart of their stories is that they all have a business mentor at their back before they launched. This is the go-to person with experience they can turn to and ask: What do I do next? This is how they develop their business skill.

For Cian, there are two people he looks up to. "First, it's my dad for teaching me perseverance and hard work, and also for instilling in me the value of money," he says. "Second, it's my business partner Dax Lee for the creative thinking and financial know-how he taught me."

## THE ROUTE TO SUCCESS

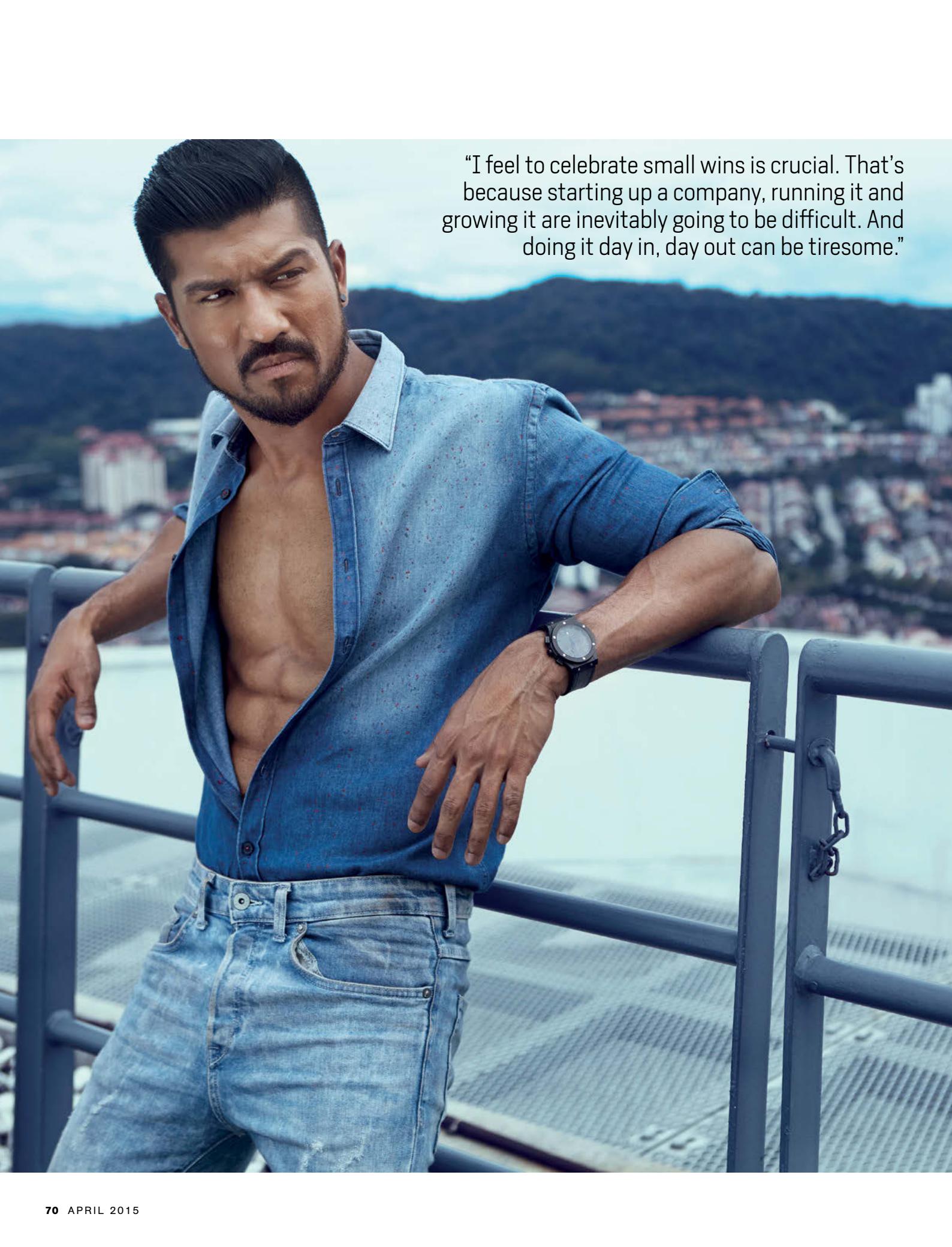
Cian knows that, apart from having the courage to see through a creative idea and strive to persevere, there is no real secret to success. It helps to be innovative. Of course, you also need to understand the level of commitment and what it takes to maintain it over a span of years.

"The one thing that every entrepreneurial expedition has in common is that there are many steps on the road to success," says Cian. "To state the obvious is by gauging against wealth, but it truly isn't just about that. To do something you love provides you the joy in living, not forgetting time spent is something money can't buy, which helps when you are your own boss." He starts laughing as he points out, "The journey is long."

## THE IMPEDIMENT

Rejections, mistakes and setbacks are all part and parcel of the experience. Every day presents an adventure with all kinds of issues creeping up. So what's a man to do? "Always be calm and collected in your decision-making process. During the days when you feel you're not winning, bide your time and focus on the things that you can actually control," Cian advises. It is in the face of adversity that true champions are forged, after all.





"I feel to celebrate small wins is crucial. That's because starting up a company, running it and growing it are inevitably going to be difficult. And doing it day in, day out can be tiresome."



# FEED YOURSELF WELL

Strict dietary discipline keeps Cian in top form for his demanding lifestyle. And you can too.

## MAKE NO EXCUSE

"My schedule can get pretty hectic so I choose my exercises based on practicality. I try to squeeze in a run, a cycle or a game of football or tennis when I don't have access to a gym, at the very least, and fuel myself with the best food sources."

## IMPROVE YOUR EATING HABITS

"It is crucial to eat clean and by this it means consuming food in its most natural state or as close to it as possible. My favourites are grilled salmon and chicken breast, which I supplement with a large bottle of cold pressed vegetable juice."

## NOURISH THE MUSCLES

"Delivering your body a constant supply of protein throughout the entire day is essential for optimum muscle growth. I consume a smoothie packed with 50g of whey protein and spinach every time after my daily workout."

## CLEANSE YOUR SYSTEM

"For someone who enjoys an occasional drink or two, I make sure I do a detox every six months. I go on this Life Juice Co's six-bottles-of juice-a-day programme for three days to flush out the toxins."

"I feel to celebrate small wins is crucial. That's because starting up a company, running it and growing it are inevitably going to be difficult. And doing it day in, day out can be tiresome," he continues.

## THE LEARNING

To have more, you must first be more. Cian says the greatest reward in becoming good at what you do is not the amount of money you earn, but the kind of person you have to become in the first place. "For you to set out on the way to be a self-made, successful entrepreneur, you have to develop many qualities at a higher level than you have ever before," he explains. "And along with it comes certain sacrifices that not always seem like sacrifices in the pursuit of greatness." ■

## THE CORE ESSENTIALS

Cian follows an intensive training regimen that encompasses a variety of routines. We asked the man to list down the five main exercises he can't do without.

Cian's workout routine consists predominantly of weight training, with a combination of heavy and light weights. He does as low as four repetitions for the major muscle groups, and 15 to 20 for the smaller ones. What's more, he adds supersets, jumbo sets and drop sets when he feels a shock to the system is needed. "The key is in the intensity. I spend a maximum of one hour in the gym," he asserts. "By limiting rest periods, I'm able to stay focused and keep the muscles pumped up while increasing my metabolic rate."

Below, the five exercises he does once, if not twice, a week.

### HANGING LEG RAISE

Grab and hang from a high bar with a slightly wider than shoulder-width grip. Slowly curl your hips and knees up to your chest. Return until hips and knees are extended downward. Repeat. If you can do these for double digit reps, you have some serious core strength.

### SMITH MACHINE BENCH PRESS

Breathe in as you gradually lower the bar on your middle chest. Breathe out and bring the bar back to the starting position using your chest muscles. Lock your arms in the contracted position, hold for a second and

then start coming down slowly again.

### BARBELL DEADLIFT

Start the lift by pushing with your legs while simultaneously getting your torso to the upright position as you breathe out. In the upright position, stick your chest out and contract your back by bringing the shoulder blades back. Keep your back straight as you return to the starting position.

### CHINUP

Grab the pullup bar with a grip closer than shoulder width. Keep your torso straight while creating a curvature on your lower back and

sticking your chest out. Pull your torso up until your head is around the level of the pullup bar. Squeeze the biceps in the contracted position for a second before lowering your torso back to the starting position.

### PREACHER CURL

Hold the EZ curl bar at the close inner handle (palms facing forward) with the upper arms positioned against the preacher bench pad and the chest against it. Breathe in as you lower the bar until your upper arms are fully stretched, and exhale as you contract the biceps to curl the weight up.

# Losing like a man

WIN ANY UPHILL BATTLE...

...GET UP WHEN YOU'RE DOWN...

...MAKE YOUR OWN LUCK

WE CAN'T ALL BE WINNERS ALL OF THE TIME. BUT HOW DO YOU COPE WHEN YOUR LIFE'S WORK IS DEFINED BY DRUBBINGS? WHEN YOU'RE KNOWN, ABOVE ALL ELSE, FOR FAILURE? MEET THE WRITE-OFFS, RUNNERS-UP AND NE'ER-DO-WELLS WHO HAVE TAKEN KNOCKOUT BLOWS BUT KEPT BOUNCING BACK.

The Human Punch Bag Who...

# Loses For A Living

Boxer Johnny Greaves lost 96 of 100 professional fights, proving Rocky right: it's not how hard you can hit, but how hard you can *get hit* and keep moving forward.

UNTANGLE  
ALL YOUR  
SETBACKS



WORDS MATT BLAKE | PHOTOGRAPHY JOE LAWRENSEN | LONSDALE LONDON MEN'S BOXING BOOTS | LONSDALELONDON.COM | FOR MORE FROM ROB SIMMONDS

**Boxing is not a sport, it's a business.** No promoter will pay for your fights unless you can repay him. I knew I was a good boxer, but I knew I wouldn't win world titles. So I became a journeyman – the guy who'd fight anywhere in the country at an hour's notice. I was the guy who never got knocked out and always lost well. I may have lost 96 fights, but I lost each one with dignity. If anything, I was the best loser in the country.

Losing isn't always as easy as you might think. I'll never forget

holding this one lad up over my shoulder, whispering in his earhole, "Just f\*\*\*king stay on your feet." But he'd blown his beans. I won on points and the string of fights I had lined up got cancelled, one by one. That's when I realised winning didn't pay. I had kids and needed to be fighting every week.

In the end, it wasn't losing itself that bothered me, but being the loser. I'd climb into the ring with screaming skinheads threatening my family and phlegm dripping off my back. I'd just think, "What's the f\*\*\*king point?" Then

my kids' smiles made everything clear again.

My ambition was always to reach 100 professional fights. To achieve something in my life. That day came on 29 September 2013. I had my family there. No amount of money would make me lose that fight. I had to win. And I did. Apart from seeing my kids born, it was the best day of my life—the culmination of six years of being the loser.

I'm proud of my career. I may have been a paid loser but a born loser I am not.

## PUNCH AT YOUR WEIGHT

You'll be boss one day—until then, roll with the punches.

## REDEFINE CLASS

"Greaves identified his role and did it to the best of his ability," says elite sports psychologist Rob Simmonds. "That is success."

## BUILD YOUR CORNER

"A positive support network—family, friends and coaches—can help you identify the areas you want to improve," says Simmonds.

## IGNORE CRITICS

Greaves struggled to ignore his detractors' taunts. "Focus on your performance—not what others may be thinking."

The Death Row Lawyer For Whom...

# Winning Is Life Or Death

Of the 115 death row inmates professor David R Dow has represented, only 26 have been saved. When he loses, someone dies.

As a death penalty lawyer in Texas, I've been banging my head against a wall for 22 years. In that time, my team and I have proved six people innocent and saved the lives of 20, persuading judges to move them off death row to life in jail. That's a failure rate of over 75%. It is hard. It makes me angry. That doesn't mean that I excuse murder. Most of my clients did something terrible. But I believe that capital punishment is wrong.

If losing a client who committed the murder is hard, losing one I believe to be innocent is soul-destroying. That's happened twice in my career. Then, there is no sense of value in what you're doing. It is an unjustifiable and overwhelming sense of failure.

There are a lot of people I feel angry at, especially judges, many of whom issue so many execution orders because they believe not doing so will harm their chances of re-election. I constantly feel like I am fighting an unwinnable battle against a corrupt, all-powerful system. I've cried for many clients and want to throw in the towel after every execution. It is a big psychological burden to lose as much as I do, when the stakes are life or death.

My team and I often spend years getting to know our clients. By the time we've finished our investigation, we know way more than you read in the newspaper about their crime; we get to know them as human beings. The hardest part of my job is telling a client that their final appeal has been rejected and they will be dead in 30 minutes. The first person I told wasn't angry, he didn't cry...

he just thanked me. And it took my breath away.

That's what gets me out of bed in the morning—the last thing 90% of my clients say to me before they are executed is "thank you". They are issuing that thank you in a context where they're about to be dead. And I just think about the magnanimity required to do that—it's a humbling moment. You realise you have done something really valuable and important for somebody else.

I believe the worst thing in the world is to face death alone. So I will continue to fight for the rights of murderers, because I know I have done at least one good thing by standing with them until the very end – whatever their crime may be.

*David R Dow's memoir The Autobiography of an Execution (www.amazon.com RM36) is out now.*

## LIFE SENTENCES

Maintain your motivation during your toughest trials.

## CROSS EXAMINE

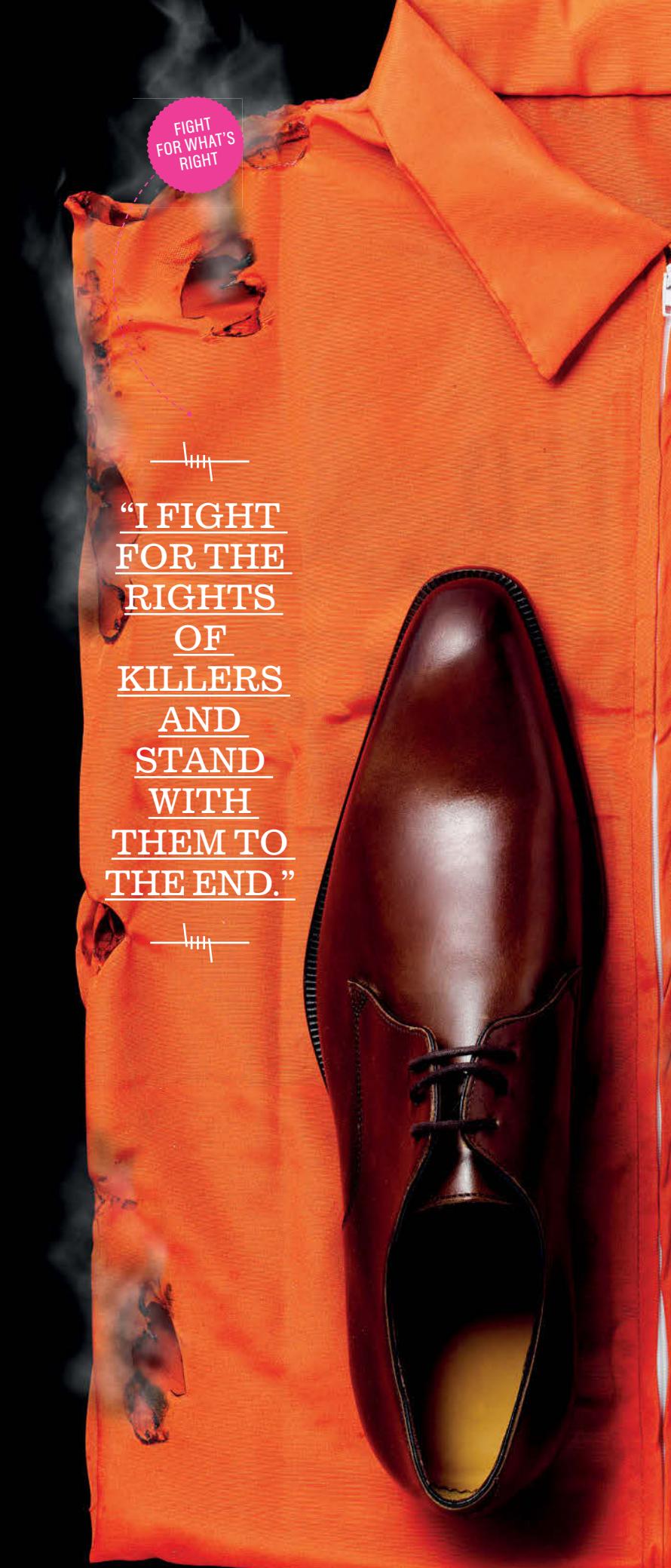
If your efforts start to feel futile, chartered psychologist Sarah Fenwick advises asking: What are the barriers in the way of success? How can you overcome them? If it's a no-win situation, walk away.

## TAKE THE STAND

Dow cannot overcome a "corrupt and all-powerful system" and there's little you can do to change that idiot ref's mind. "Focus on the things that are within your control," says Simmonds.

## THE WHOLE TRUTH

Break any bad news more easily. "Rehearse what you'll say, stick to the facts and use plain, simple language," says Fenwick. And a little empathy goes a long way.



The Poker Star Who...

# Gambled His Life Away

In 2009 Sam Trickett blew RM2.2million, leaving him in utter despair—but he didn't fold.

Not long after I took up poker I realised I was a natural. I instantly started winning tournaments, both at casinos and online. I thought I was invincible. I was winning so much money that, in 2009, I took RM67,000 to Las Vegas. Within weeks I had turned it into RM2.2million. Suddenly, I had achieved everything I had hoped for in life in a few weeks. I bought a BMW, a RM28,000 watch and partied like crazy. My girlfriend and I decided to buy a house. I was naive and greedy.

My gambling soon got so out of control that I'd play poker variations I didn't understand. Suddenly, I began losing. Mostly online. Often drunk. But rather than rein in my gambling, I began to chase, desperately trying to make back what I'd lost with bigger and bigger bets. Soon, I was completely wiped out. I didn't tell my girlfriend I'd lost the money. She bore the brunt of my depression and we soon broke up. Within just weeks of having it all, everything had fallen apart.

I sold my BMW to pay off my debts and accepted a job teaching poker in South Africa. It was there I hit rock bottom. I remember walking to the beach one evening, lying in the sand and crying. How could I be so unlucky?

But as the sun went down I had an epiphany: it was my

arrogance, not luck, that made me lose. Right then I decided to learn from my mistakes. I studied the game forensically. My boss was so impressed he sponsored me to play at the World Series in Las Vegas in June 2010. I arrived with no money and left with RM2.7million. I am now the UK's No 1 player.

I've learned more from defeat than I ever did from winning. Success is about discipline—it was my ego that brought me down.

*Trickett is an ambassador for Everest Poker.*



## PLAY YOUR CARDS RIGHT

**Don't gamble—formulate a plan before you go all in.**

## CHECK YOURSELF

Losing triggers your fight or flight response. "Realising this helps you take control," says Fenwick. Don't let adrenaline cloud your judgment.

## WIPE OUT TELLS

A bad result exposes all your weaknesses. "Create a plan that details how you aim to improve that area," says Simmonds.

## DON'T GET LUCKY

Only a sucker relies on chance to find his fortune. If you've put in the work, tell your boss exactly why you're worthy of a promotion.

DEAL  
WITH EVERY  
DEFEAT



The Rock Star Who Went From...

# Up-And-Coming To Down-And-Out

John Otway seemed destined for stardom, until his album tanked and he had to make epic underachievement his calling card.

My first appearance on TV ended as my career appeared destined to go on: disastrously. It was 1977 and Wild Willy Barrett and I had just released the half-spoken love song, *Really Free*. We were performing on BBC2 flagship show *The Old Grey Whistle Test* and thought it would be a good idea to jump onto a PA tower

mid-lyric. I overbalanced and came crashing down on the sharp corner of a speaker, my fall cushioned by my testicles.

But 5.5 million people saw it and, within a day, our sales increased by 1000%. We were signed to Polydor on a five-album deal. Polydor thought they had uncovered a star of huge potential. I thought *Really Free* was just a rung... I never realised it was the

**"I CAME  
CRASHING  
DOWN,  
MY FALL  
CUSHIONED  
BY MY  
TESTICLES."**

ALWAYS PLAY  
TO YOUR  
STRENGTHS

whole ladder. My next record did not do well. The follow-up singles fared no better: one flop became a succession of flops. Perhaps I was overambitious, but I always believed it was my destiny to be a star. In hindsight, the records I was putting out were disastrously misjudged. I tried increasingly more outlandish things to get attention, including once downing a bottle of ink on stage. That did nothing more than turn my piss blue for three days. Polydor soon got fed up and dropped me.

For the next decade, I lived in obscurity, making money by gigging 150 nights a year to a small but loyal following. I tried to stay upbeat but by 1987 I had hit rock bottom. My wife of six years left me and my music career had flatlined.

Around that time, I did a gig and just three people showed up. It was too depressing. I remember waking up one morning and thinking, "What do I do? Do I top myself?" But I was determined – I still believed I could be a star. So

I put suicide off and chose to write an autobiography about all my cock-ups instead.

It was my last roll of the dice. We subtitled it 'Rock and Roll's Greatest Failure' and it was a runaway success. I think people found my self-effacing evaluation of my own life refreshing. It quickly outsold all my albums and people began to notice me again.

Then in 2002, I released another song called *Bunsen Burner*, which went to number nine. It took me 25 years, but at last I had a second hit. I suppose it's ironic that a book about my failures turned my life around. If I hadn't been so bloody-mindedly fanatical about being a musician, I would never have been such a failure. But if I hadn't been a failure, I'd have never found success.

*A film about John Otway's life, Rock and Roll's Greatest Failure: Otway The Movie, is available on iTunes*

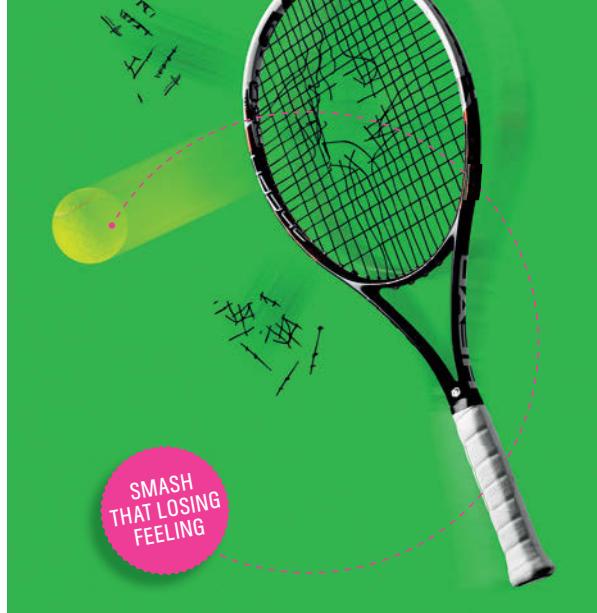
### CHANGE YOUR PITCH

**Retune your most important instrument—your attitude.**

**DON'T GET COCKY, KID**  
As any successful entrepreneur will attest, risk-taking is no bad thing. But mixed with high self-confidence it can be a hazardous trait, says Fenwick. Don't let payoffs go to your head.

**LIGHTEN UP**  
Take setbacks too seriously and you'll become a laughing stock. The solution is very British. "Self-deprecating humour can be an effective emotion-focused coping strategy," says Fenwick.

**STOP CHASING FAME**  
"Otway focused on stardom and put out misjudged records. To be a true success, you first have to produce something you are proud of," says Simmonds.



05

The Wimbledon Competitor Who...

## Played The Long Game... And Lost

After an historic 11 hours, Nicolas Mahut finally fell to John Isner 68 to 70.

After the final point, I hugged John over the net and sat down with my towel over my head. I said to myself, "Don't cry. Stay dignified. Try to accept the defeat and be sporting."

In the locker room, my coach hugged me and said, "You are a champion." And then it all flooded out. It was a sort of decompression as the adrenaline and tension came out. I was like that for two hours, crying and rambling incoherently. I felt a sense of dislocation—the press were telling me that I had done something incredible, when I knew I had been the loser.

Three weeks later I injured my back. From then until the end of the season, I dwelt on my loss. I had a few difficult months and asked myself if it was worth continuing to play.

That summer, John and I won an award for Best Record-Breaking Performance, beating Usain Bolt and Roger Federer. Slowly, I started to realise I'd done something that really resonated with people. Something special.

The French federation set

me up with a new coach and we worked to redefine my objectives. I realised my career was not over. I could go on to do great things.

The next time I stepped out on court I felt people looked at me differently. People had come to know me for losing, but I was determined to prove I was still a winner. In 2013, I won two ATP tournaments. The journey to winning began in those three days in 2010. ■

### ADVANTAGE, YOU

**You'll only ace your goals if you set them correctly.**

### LOWER THE BAR

"Having unrealistic expectations can seriously undermine your self-belief," says Fenwick. Push yourself, but don't aim too high.

### BOUNCE BACK

**Appraise your performance, not the outcome. "That way you'll avoid facing emotional ups and downs," says Simmonds.**

### STEP FORWARD

**"Focus on the bigger picture," says Fenwick. Look ahead to your next achievement, not back toward your failure.**

A large, towering pile of pulled pork, likely barbecue, is shown from a slightly elevated angle. The meat is shredded and coated in a thick, glossy barbecue sauce. It's piled high, with some meat spilling over the edges. The lighting highlights the texture of the meat and the sheen of the sauce.

Cook Once

MONDAY



TUESDAY



WEDNESDAY



## Eat for a Week

THURSDAY



FRIDAY



Dedicate just a few weekend hours to making one massive meal, and you'll save time and cash—and avoid staring down a greasy #5 combo come Thursday night. Learn the 4 benefits of big-batch cooking to feast your way through the week—all while packing in protein and racking up nutrients. Hungry?

# 1/ Plan Out Five Days' Worth of Protein

DON'T SIMPLY REHEAT THE LEFTOVERS.

REINVENT THEM INSTEAD.



## BIG HUNKS OF MEAT—

brisket, turkey, pork shoulder—require long cooking times to become tender. But the payoff is worth the patience: "It takes time and temperature to convert collagen to silky, delicious gelatin," says chef Keith Schroeder, the author of *Mad Delicious: The Science of Making Healthy Food Taste Amazing*. "And melted fat adds richness once it's worked into the broken-down muscle fibres." An incidental benefit: These larger cuts are some of the most affordable options you'll find in your supermarket's meat case. Cook the recipe (see page 76) and then dole out the luscious pork leftovers to create new dishes throughout the week. Pork tacos with oranges and avocados, anyone?

### LEFTOVER LAW #1

## 2 HOURS

Maximum time food should sit out after being cooked, says Dr Susan Brewer, a professor of food science at the University of Illinois. Refrigerate it ASAP to halt bacteria growth.



◀  
Pile yesterday's pulled pork into killer tacos.

▶  
Have a cold one: Soba Steak and Kimchi Salad.



2

## PACK A LUNCH THAT WON'T SLOW YOU DOWN

EXECUTE THIS PLAN TO AVOID  
A HIGH-NOON STANDOFF  
NEAR THE OFFICE MICROWAVE.



### THE MICROWAVE HEATS LEFTOVERS IN A

pinch, but why not skip the nuclear option altogether? Make a cold noodle dish, like

the seared-steak and soba salad above, by fortifying hearty noodles with thinly sliced seared meat and a blast of fresh Asian flavour. After you make it once, freestyling is easy. Mix an Asian noodle (pad thai, lo mein, udon) with a cold protein (hard-boiled egg, pork tenderloin slices, rotisserie chicken), vegetables (baby bok choy, shredded red cabbage, snow peas), and a secret ingredient (miso paste, dark sesame oil, chile garlic sauce). Side note: For leftovers that do need a reheat, use your oven or a skillet, says Rocco DiSpirito, the author of *Cook Your Butt Off!* Their even heat is best for avoiding those dreaded cold spots.

### LEFTOVER LAW #2

**4.4°C**

Maximum fridge temperature for preventing foodborne illness, Brewer says. Any higher than that and you invite E. coli, salmonella, and other pathogens to multiply like... well, bugs.



3

## DO NOTHING— AND IMPROVE YOUR MEALS

THE SIMPLE SECRET TO INFUSING  
YOUR FEASTS WITH EVEN MORE  
DELICIOUSNESS? HIT THE PILLOW.



### YOUR GRANDMA WAS RIGHT: DISHES

like the stew shown above—chicken, smoked sausage, and farro—always taste better with time. Why is that, exactly? “Sulfur-containing compounds found in onions and garlic react with water, air, or acids and are chemically transformed into new and improved flavours,” says Dr Guy Crosby, a spokesman for the Institute of Food Technologists and a coauthor of *The Science of Good Cooking*. The same goes for gumbo, curry, and—as you’ve probably experienced—chilli. Crosby says slowly braising the meat at a steady temperature in beer, wine, or broth helps turn the ingredients tender and moist. Just be sure to sear meats before adding liquid, he says. That way you deepen their rich, savory flavours.

### LEFTOVER LAW #3

10%

Degree of expansion that high-moisture foods like soups and stews can undergo during freezing, says Brewer. So leave some space between the top of the food and the container lid.

# 4/Junk the Fast-Food Breakfast

BECAUSE YOUR DAY SHOULDN'T START  
AT A DRIVE-THRU INTERCOM.



## SUNNY-SIDE-UP EGGS

taste bad pretty much as soon as they cool. "It all comes down to water," Schroeder says. "If you're frying or scrambling eggs, you're forcing water out of them." That's a good thing if you eat and run. But removing the H<sub>2</sub>O changes the texture and elasticity of the eggs. "Baking eggs is gentler, so they retain moisture and a custardlike texture," he says. These salmon egg cups can be eaten cold or reheated, and they beat the hell out of an assembly-line breakfast sandwich. But there's a catch: Adding ingredients with high water content, such as tomatoes or roasted red peppers, can leave leftovers soggy. In the recipe on page 84, those ingredients go into the sauce instead.

## LEFTOVER LAW #4

74°C

Temperature most leftovers should reach when being reheated, says Brewer. Bacteria can't live in that kind of heat. Stick a kitchen thermometer into the center to double-check.

◀ Slow-simmer Chicken, Sausage, and Farro Stew.

▶ Take Salmon Egg Cups with Pepper Sauce to go.

# The Recipes



## Oven-“Smoked” Pulled Pork

### WHAT YOU’LL NEED

2 TSP KOSHER SALT	3 KG BONELESS PORK SHOULDER (PORK BUTT), TRIMMED OF FAT AND CUT INTO FIST-SIZE CHUNKS
2 TSP DRIED OREGANO	
2 TSP GROUND CORIANDER	
2 TSP ONION POWDER	
2 TSP GARLIC POWDER	
1½ TSP GROUND CHIPOTLE CHILE	
1 TSP PEPPER	
1 TSP CINNAMON	



## Soba Steak and Kimchi Salad

### WHAT YOU’LL NEED

¼ CUP + 1 TBSP CANOLA OIL	1 TBSP FISH SAUCE
¼ CUP + 2 TBSP LOW-SODIUM SOY SAUCE	2 TSP MINCED FRESH GINGER
JUICE OF 1 LIME	1½ CUPS KIMCHI, PLUS 2 TBSP OF ITS BRINE
1 TBSP CHINESE FIVE-SPICE POWDER	2 LARGE CARROTS, SLICED INTO MATCHSTICKS
680 G FLANK STEAK	2 RED BELL PEPPERS, THINLY SLICED
230 G SOBA NOODLES	2 SCALLIONS, THINLY SLICED
2 TBSP RICE VINEGAR	CILANTRO AND BLACK SESAME SEEDS, FOR GARNISH
1½ TBSP SESAME OIL	



## Chicken, Sausage, and Farro Stew

### WHAT YOU’LL NEED

1 TBSP CANOLA OIL	2 TBSP TOMATO PASTE
450 G BONELESS, SKINLESS CHICKEN THIGHS, CUBED	1 TBSP CREOLE SEASONING
1 YELLOW ONION, DICED	½ TSP DRIED THYME
1 LARGE GREEN PEPPER, SEEDED AND DICED	5 CUPS LOW-SODIUM CHICKEN BROTH
2 CELERY RIBS, THINLY SLICED	1 CAN (28 OZ) CRUSHED TOMATOES
3 GARLIC CLOVES, MINCED	1 CUP FARRO
½ TSP SALT	2 BAY LEAVES
	450 G SMOKED SAUSAGE, SLICED
	1 TBSP WORCESTERSHIRE SAUCE
	CHOPPED PARSLEY, FOR GARNISH

### HOW TO MAKE IT

- In a small bowl, mix the salt, oregano, and spices and rub the seasoning blend into the pork. Chill the meat for about 30 minutes.
- Place the oven rack in the lower-middle part of the oven and preheat to 148°C. In a large oven-proof pan, heat the oil on medium high. Add the pork and brown it on all sides, about 10 minutes total, working in batches if necessary so as not to crowd the pan. Transfer the pork to a paper-towel-lined plate to drain.
- Add the onion, garlic, beer, and liquid smoke, if you’re using it. Bring the mixture to a simmer, scraping up the dark bits on the bottom of the pan. Return the pork to the pan, cover, and place it in the oven. Cook, undisturbed, till fork-tender, about 2½ hours. Remove the pork, let it cool slightly, strain the liquid, and shred using two forks. *Makes 8 servings*

### PER SERVING

530 CALORIES, 45 g PROTEIN, 5 g CARBOHYDRATES (1g FIBRE)

### HOW TO MAKE IT

- Whisk together the ¼ cup oil, ¼ cup soy sauce, lime juice, and five-spice powder. Pour it all into a big zip-top bag and add the flank steak. Marinate the steak in the fridge at least 2 hours, turning the bag a couple of times.
- In a skillet, heat the remaining oil on medium high. Remove the steak from the marinade, pat it dry, and season it with salt and pepper. Sear the steak until medium rare, about 5 minutes per side. Let the steak rest 10 minutes and then cut it thinly across the grain.
- Bring a large pot of water to a boil. Cook the noodles until al dente, about 4 minutes. Then dunk them in ice water for 1 minute and rinse under cold water. Drain.
- In a small bowl, whisk the rice vinegar, sesame oil, fish sauce, ginger, and remaining soy sauce. In the pot, toss the noodles and dressing. Add the steak, kimchi, brine, carrots, peppers, and scallions; toss. Garnish with cilantro and black sesame seeds. *Makes 6 servings*

### PER SERVING

490 CALORIES, 33 g PROTEIN, 40 g CARBOHYDRATES (5g FIBRE)

### HOW TO MAKE IT

- In a large pot, heat the oil on medium high. Add the chicken and cook until browned, about 2 minutes. Remove it from the pan and set it on a paper-towel-lined plate to drain.
- Reduce the heat to medium. Add the onion, pepper, celery, garlic, and salt. Cook, stirring occasionally, until the celery softens, about 5 minutes. Add the tomato paste, Creole seasoning, and thyme. Mix well. Add the chicken broth, tomatoes, farro, and bay leaves. Bring everything to a boil; then reduce the heat to low and simmer the stew, covered, until the farro is just tender, about 30 minutes.
- Add the chicken, sausage, and Worcestershire sauce to the pot. Simmer until the flavors meld, about 10 minutes. Remove the bay leaves and serve the stew garnished with chopped parsley. Refrigerate overnight to develop more flavor. *Makes 6 servings*

### PER SERVING

430 CALORIES, 29 g PROTEIN, 24 g CARBOHYDRATES (5g FIBRE)



### Pig Out All Week Long

- Top pork tacos with orange slices, avocado, sour cream, and lime zest.
- Pile warmed pork, coleslaw, and hot sauce on a toasted roll.
- Top corn bread with hot pork, a poached egg, and snipped chives.



### Do Your Crunches

Noodle salads benefit from the addition of a crispy ingredient, but hold off on the bacon bits. Instead, go with toasted peanuts, sesame sticks, or fried shallots, all of which play nice with Asian flavours.



### Bring a Flask to Work

Lugging leftovers to lunch? The Hydro Flask Insulated Food Flask ([hydroflask.com](http://hydroflask.com) RM103.30) is your friend. This BPA-free bottle has a stainless-steel liner that keeps food hot for up to three hours.



## Salmon Egg Cups with Pepper Sauce

### WHAT YOU'LL NEED

FOR THE EGG CUPS:	
3	Tbsp CANOLA OIL, DIVIDED
8	LARGE EGGS
1/3	CUP WHOLE MILK
170	G SMOKED SALMON, ROUGHLY CHOPPED
85	G SOFT GOAT CHEESE, CRUMBLEO
3	Tbsp CHOPPED FRESH DILL
230	G CREMINI MUSHROOMS, THINLY SLICED
1	CUP THINLY SLICED SHALLOTS

FOR THE SAUCE:	
1/2	CUP PLAIN YOGURT
1/2	CUP OIL-PACKED SUN-DRIED TOMATOES
1	ROASTED RED PEPPER
2	Tbsp EXTRA-VIRGIN OLIVE OIL
	JUICE OF 1/2 LEMON
1/4	TSP SALT
1/4	TSP RED-PEPPER FLAKES

### HOW TO MAKE THEM

- Preheat the oven to 190°C and grease 12 standard-size muffin cups with 1 Tbsp canola oil. In a bowl, whisk the eggs and milk. Stir in the salmon, goat cheese, dill, and some freshly ground pepper to taste.
- In a skillet, heat 1 Tbsp oil on medium. Add the mushrooms and cook until softened, about 6 minutes. Remove them from the pan and heat the remaining 1 Tbsp oil. Add the shallots; sauté until golden, about 5 minutes. Pat the mushrooms dry with a paper towel.
- Stir the mushrooms and shallots into the eggs. Divide the mixture among the muffin cups. Bake until the eggs set, about 20 minutes. Cool 5 minutes before removing.
- To make the sauce, place the yogurt, sun-dried tomatoes, roasted red pepper, olive oil, lemon juice, salt, and red-pepper flakes in a blender or food processor and blend until the mixture is smooth. Serve the egg cups with the tomato sauce. *Makes 6 servings*

### PER SERVING

410 CALORIES, 31g PROTEIN, 13g CARBOHYDRATES (2g FIBRE)

#### Warm Leftovers Wisely

These egg bites taste great cold, but if you want them warmed up, wrap them in foil and heat in a 148°C oven for 15 minutes. Busy morning? Nuke them (no foil) on low power for 30 to 60 seconds.



## DON'T SIDELINE THE SIDES

DRESSED ICEBERG LETTUCE TURNS INTO COMPOST BY LUNCH.

LOAD UP ON GREENS WITH THIS HEARTY KALE SALAD.

### WHAT YOU'LL NEED

1/3	CUP EXTRA-VIRGIN OLIVE OIL
1/4	CUP CHOPPED HAZELNUTS
1	SHALLOT, CHOPPED
1	GARLIC CLOVE, CHOPPED
4	OIL-PACKED ANCHOVIES (OPTIONAL)
2	Tbsp CIDER VINEGAR
2	TSP LEMON ZEST
1	TSP WHOLE GRAIN MUSTARD
1/4	TSP SALT (OMIT IF USING ANCHOVIES)
1/4	TSP FRESHLY GROUND PEPPER
1	HEAD CURLY-LEAF KALE, RIBS REMOVED, LEAVES SLICED INTO RIBBONS
2	RED BELL PEPPERS, THINLY SLICED
2	CARROTS, PEELLED AND SHREDDED
1/2	CUP DRIED CHERRIES

### HOW TO MAKE IT

- In a blender or food processor, blend together the olive oil, hazelnuts, shallot, garlic, anchovies (if you're using them), cider vinegar, lemon zest, mustard, salt (if necessary), and pepper until slightly chunky. Add a little extra oil if needed to help the mixture blend.
- In a large bowl, massage the dressing into the kale until the leaves are tender and the volume is reduced by about half, 5 minutes or so. Toss with the bell peppers, carrots, and dried cherries. *Makes 6 servings*

### PER SERVING

240 CALORIES, 5g PROTEIN, 19g CARBOHYDRATES (4g FIBRE)



WORDS JIM THORNTON ILLUSTRATIONS ROBERTO PARADA

# ⚠ WARNING

E-CIGARETTES MAY HELP YOU QUIT SMOKING  
AND SAVE YOUR LIFE. THEY MAY THEN BECOME  
HABIT-FORMING AND KILL YOU ANYWAY.

# THE FIRST THING MY MOTHER ALWAYS DID AFTER WAKING UP WAS GRAB A CIGARETTE. I'D REACH FOR A DIFFERENT DRUG: BENADRYL. I'D BEEN SWIGGING IT SINCE CHILDHOOD TO LESSEN THE COUGHING AND SNEEZING CAUSED BY HER CHAIN-SMOKING.

On the morning of my first trip home from the University of Michigan, I woke with a familiar sore throat and sinus pain and quickly downed two gulps. Perhaps the pristine air of Ann Arbor had turned my 18-year-old lungs and mucous membranes soft, but the cherry-flavored elixir was proving no match for Mom. By the time I reached the living room, I was coughing and sneezing so hard it felt like a seizure. Then my nose started bleeding.

I yelled something horrible at my mother, who I assumed was puffing away in the kitchen. But she'd gone grocery shopping. This was when I had a wicked eureka moment. Instead of wadding toilet paper up my nostrils—my standard remedy every time her smoking triggered a nasal hemorrhage—I stripped to my underwear and let the gusher go. Soon my chest was slick with blood, my elbows and wrists as crimson as a suicide victim's. If finding her son like this didn't shock her into quitting, I figured, nothing could.

But 10 minutes later, anger gave way to pity and sorrow. The truth is, I loved my mother and wanted to spare her a heart attack, not give her one. I mopped the floor and took a shower that looked like the scene from Psycho.

**THREE DECADES LATER AND 6,700 MILES FROM OUR PITTSBURGH HOME, A** pharmaceutical researcher in Beijing was struggling to quit his own pack-a-day habit after watching his father die of lung cancer. To reduce his cravings, Hon Lik, then in his 40s, used a common form of nicotine-replacement therapy: the nicotine patch. When he sometimes forgot to remove the patch at night, it invariably triggered nightmares. In one dream, now legendary among e-cigarette users worldwide, Hon claims to have seen himself drowning at sea. Then, without warning, the water transformed into harmless clouds of vapor. He woke and jotted down a description of his salvation.

A year later, Hon had invented the world's first commercially viable electronic cigarette. At first glance, his e-cig looked much like the cancer stick so many of us have grown to know and loathe. But on the inside were

no shredded, ammonia-treated tobacco leaves ready to combust into some 7,000 chemical compounds, hundreds of toxins, and at least 68 known carcinogens. Instead, the first generation of e-cigs spawned by Hon's novel device contained just three parts: a small lithium battery, a prefilled cartridge containing "e-juice" (that is, nicotine with or without flavorings in a solution of propylene glycol, glycerin, and distilled water), and an "atomiser" to heat the liquid and convert it to a vapor (hence the term "vaping").

The devices, dubbed "cigalikes" because of their resemblance to traditional cigarettes, reached the United States in 2007. Their hit-and-miss distribution, inconsistent quality, and high cost led many early consumers to shun them as a gimmick. But as early adopters began swapping success stories about a new high-tech way to quit smoking, annual sales began to increase exponentially.

Soon, armchair tinkerers and independent e-cig companies entered the market with a new array of products. Unlike Hon's cigalikes, which were meant to be used up and discarded, innovative second- and third-generation devices had rechargeable batteries, replaceable and/or refillable tank-style cartridges, and more powerful atomisers—all to produce more heat, larger vapor clouds, or, for those seeking it, stronger nicotine hits.

By January 2014, some 466 e-cigarette brands and 7,764 flavors—from peach schnapps to kid-friendly "gummy bear"—were available online. Now addicted smokers can inhale Dr Pepper-flavored puffs of the nicotine they're jonesing for, and in the same "hand-mouth-cloud" ritualistic manner they're used to, without worrying about tobacco smoke's toxins. It all sounds like Hon's dream come true. That is, unless you listen to the e-cig critics, who believe vapers need to wake up to the uncertainties of what they're sucking down.

It's buyer beware, according to Mitch Zeller, director of the FDA's Center for Tobacco Products. "We can't even tell you what compounds are in the vapor," he said at an April 2014 media briefing. "And in the absence of federal regulation, companies aren't required to give us any information."

But based on the compounds that have already turned up in some brands, e-cigs are far from harmless, warns Stanton Glantz, PhD, director of the Center for Tobacco Control Research and Education at UC San Francisco. "Nobody knows what the long-term impact on health will be, and it's going to take years to find out," he says. "My guess is that when the dust settles, e-cigarettes will prove to be about a third as dangerous as cigarettes."

Aruni Bhatnagar, PhD, FAHA, chairman of the American Heart Association panel that's charged with reviewing e-cigarettes, also points out that even though we don't know if e-cigs are safe, their cultural acceptance could help revive Big Tobacco.

▼  
HOW MUCH  
SMOKING  
CAN COST YOU  
AS A MAN

**330%**

Rise in a smoker's risk of damage to his Y chromosomes, compared with nonsmoking men

**24%**

Income disparity between smoking and nonsmoking guys (Guess which group earns more)

Sources: *Science*, *Federal Reserve Bank of Atlanta*



"It's not clear that smokers are throwing away combustible cigarettes for e-cigarettes," he argues. Instead, the tobacco industry could be promoting e-cigs to circumvent indoor clean air laws, sustain the addiction of current customers, and recruit new customers to combustible products. "It's a billion-dollar market," he says. "The industry isn't making these investments to prevent addiction."

Those in the "harm reduction" camp, on the other hand, argue that if eradicating a known danger is impractical, then reducing its impact is better than waiting for ideal solutions that may never materialise. Case in point: giving needles to IV drug addicts to control HIV transmission rates, despite claims that this policy enables drug use. In a viewpoint published last year in the *Journal of the American Medical Association*, David B Abrams, PhD, a professor at Johns Hopkins Bloomberg School of Public Health, wrote that "independent manufacturers of e-cigarettes could compete with tobacco companies and make the cigarette obsolete, just as digital cameras made film obsolete."

Whether e-cigs turn out to be boon or bane, their impact will disproportionately affect men, especially younger men. In a 2013 survey of 18,406 American students, for instance, male high schoolers were nearly 60 percent more likely to have vaped in the month leading up to the survey than their female peers were. Another study of 4,444 college students, published in the journal *Drug and Alcohol Dependence*, suggests that this gender gap persists at least into the early 20s. The study also reports that these numbers are consistent with greater male participation in other unconventional tobacco practices, such as hookah smoking. E-cigs, they speculate, may be especially intriguing to "novelty seekers" with a penchant for risk taking.

Or, as we laymen call them, "guys."

**WHILE IT'S TRUE THAT E-CIGARETTES ARE STILL TOO NEW FOR** us to accurately predict what their health effects will be on users five, 10, or 20 years from now, researchers have uncovered a few possible smoking guns.

In the American Heart Association's 2014 policy statement, published in the journal

W

## HACK YOUR LUNGS

Once you kick the smoking habit, it takes a decade to halve your risk of lung cancer death. Want to help the healing? In a Johns Hopkins study, ex-smokers who ate diets rich in cruciferous vegetables (think broccoli and brussels sprouts) had about a 20 percent lower risk of lung cancer than those who ate the least. "The benefit increases with greater consumption," says author Anthony Alberg, PhD. So eat broccoli like you smoked cigarettes—every day.

—KATIE MACDONALD

*Circulation*, experts looked at the latest research on compounds found in e-cigarette liquids and vapor. Relative to the rogue's gallery of toxins found in processed tobacco, they acknowledged, tobacco-flavored "e-juice" has comparatively few ingredients: nicotine, flavors, water, glycerin, and propylene glycol. Heating this mix, the authors noted, can unleash other chemicals into the resultant vapor, though for the most part at levels "deemed too low to cause human risk."

As reassuring as this may seem, a single toxin can kill as effectively as dozens. Both the AHA review and another study analysis conducted by tobacco-control researchers at UC San Francisco red-flagged several potential molecular villains that might turn lethal with long-term exposure.

Start with the vapor: this is created by heating propylene glycol, sometimes with glycerin, into an aerosolised mist. Both chemicals fall in the FDA's "generally recognized as safe" category and are commonly used to maintain moisture in various consumer products, from food and medicine to cosmetics. When ingested or applied to the skin in small amounts, both are considered nontoxic.

But chronic inhalation could prove a different story. Propylene glycol, for instance, is a key ingredient in the "fog" used in concerts and theatrical shows. Among workers who are regularly exposed to it, the chemical has been linked to eye and respiratory tract irritation. And a 2013 PLOS One study found that the vapor in some e-cigarette brands also contains metals, such as tin from the device's solder joints and nickel and silver from its wires. In addition, a chemical analysis published in *Tobacco Control* detected formaldehyde, toluene, and other toxins in the vapor. Finally, certain

## It's Time to Butt Out Three ways to break a smoking addiction before it breaks you.



### The Patch

Know when to stick it to yourself. In a 10-week Duke University study, people who began using a nicotine patch two weeks before they stopped smoking were twice as likely to quit as those who put down the cigs and picked up the patch at the same time. Benjamin Toll, PhD, a professor of psychiatry at Yale School of Medicine, says getting your fix from another source may make lighting up less pleasurable.



### The Gum

Want to blow bubbles, not smoke? Note the time of your first cig of the day. According to a study in *Nicotine & Tobacco Research*, if it's within a half hour of waking, your best bet is a 4-milligram dose of nicotine gum. Quit rates of smokers who used this strategy were double that of smokers who didn't. Your am start time is a better gauge of how hooked you are than your daily cigarette count, says Toll.



### The Imitator

Let's be clear: Jonathan Foulds, PhD, a professor of public health sciences at Penn State, doesn't advocate using e-cigs to quit smoking. But if you're set on trying them, he suggests going with the second- and third-gen kind; they deliver more nicotine than "cigalikes," making the transition from regular smokes easier. Then wean off e-cigs by gradually switching to liquid with lower and lower nicotine. —KM

# WITHIN THE NEXT DECADE, THREE TOBACCO COMPANIES WILL CONTROL 75% OF THE E-CIGARETTE MARKET.

flavorings used in e-juice, including Ceylon cinnamon and butterscotch, have damaged human cells in lab tests, though the AHA paper concludes that e-cig emissions are still “much less toxic than cigarette smoke in cytotoxicity tests.”

Glantz, lead author of the UCSF review, suspects that the biggest danger may come from the ultrafine particles generated by aerosolisation. These, he says, penetrate deep inside the lungs and cross over into the bloodstream. The impact on human tissues remains unknown. “But there is strong evidence,” he says, “that frequent exposure to these in tobacco smoke and air pollution can contribute to inflammatory processes and increase risk for cardiovascular and respiratory disease and death.”

Finally, there’s the sole tobacco ingredient actually found in e-cigarettes: nicotine. On the cardiovascular side, nicotine causes the adrenal glands to release stress hormones, such as adrenaline. These, in turn, boost heart rate and blood pressure, constrict arteries, increase insulin resistance, and worsen blood lipid levels. As for cancer, animal studies have found that nicotine can interfere with apoptosis, aka “programmed cell death,” allowing malignant cells to proliferate unchecked, says Bhatnagar. In animal models, nicotine also promotes angiogenesis, or the growth of new blood vessels, another building block of tumors. As Bhatnagar notes, “These effects raise concerns that nicotine could promote the development and spread of cancer and accelerate atherosclerotic disease.”

Concern, yes; panic, no. In studies of ex-smokers who’ve stayed on nicotine-replacement therapy over the long term, for instance, no adverse effects have surfaced. Moreover, a 2010 study

in Tobacco Control found that an e-cig can deliver a quantity of nicotine similar to that of an FDA-approved inhaler.

“Some public health advocates have this medical mindset where the only thing that matters is that a product is 100 percent pure and safe,” says Michael Siegel, MD, MPH, a professor of community health sciences at Boston University. “So they’re trying to keep e-cigarettes off the market, or discourage their use, because it may have some contaminant that 40 years down the road may be shown to create a slight risk of cancer. They’re living in a fantasy land, not reality. In the real world, people are dying because of cigarettes. What they need is a way to get off cigarettes because that’s what’s going to kill them.”

Glantz rejects the logic of combating a huge problem with a theoretically lesser problem. “While one might speculate that e-cigs are a safer alternative to combustible tobacco,” he says, “they are almost certainly not safe. Before such products should be approved for general population use, you need affirmative evidence of lack of harm—or at least a clear understanding of the actual level of harm. At present we are conducting an uncontrolled experiment on thousands of Americans.”

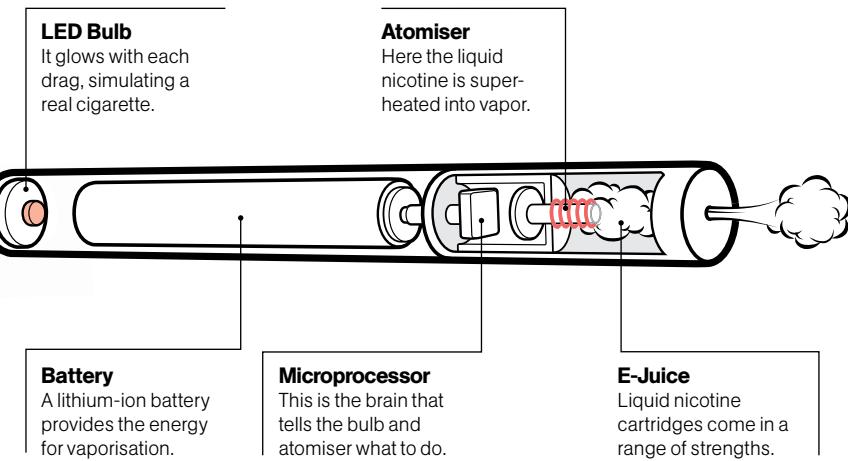
**ON A CRISP SEPTEMBER AFTERNOON IN 1992,** my mother returned home from playing golf and took a last drag on her “light” cigarette. At the time I was living in a blissfully smoke-free home 900 miles away in St Paul with my wife and our 4-year-old son. Two decades had passed since my aborted attempt at a blood-soaked intervention. But during our weekly long-distance chats, I never failed to make the case for her quitting, bolstering my arguments with the latest cigarette horror story in the news.

My mother was a brilliant woman who’d worked as an undergrad in Dr Jonas Salk’s lab when he pioneered the polio vaccine. I’m certain she knew she was addicted and that smoking was ruining her health. She never conceded either point to me, but I noticed that whenever Big Tobacco brought out a new and “safer” cigarette to the market—from allegedly superior filters to low-tar “light” cigs touted as healthier—she always made the switch.

In any event, sometime around 4 pm that beautiful fall afternoon, her back stiffening after the earlier 18 holes, she entered the same shower where I’d washed off my blood so many years before. As she later told my dad, she felt a tickle in her throat and started coughing. This intensified until she felt something dislodge inside her chest, and blood began cascading from her airway. My father called 911 and an ambulance took her to the hospital.

Less than two years later, the heads of all seven major tobacco companies—famously dubbed the “Seven Dwarfs”—went before Congress and proclaimed their belief that nicotine is not addictive. Internal documents would soon prove, however, that Big Tobacco not only knew how

## ▼ Anatomy of an E-cig How technology is trying to replace tobacco.



addictive cigarettes were but was also engineering them to be as difficult as possible for people to quit.

F

#### FOR MORE THAN 20 YEARS, THE ONE SURE THING

In Alex Clark's life was that there'd always be another next cigarette. "I just took this for granted," says Clark, 39, who manages a fleet of custom rental vans in New Jersey. "I knew I'd be smoking when I was sick, that I'd be smoking in the rain and freezing cold, and that I'd even be smoking on my deathbed if the hospital let me."

All of this changed, he says, the day he noticed a friend smoking an e-cigarette. "He was this Russian guy who'd been smoking two packs a day for years, just like me," recalls Clark. "He told me that since he started e-cigarettes, he'd quit regular smoking entirely. I figured if he can do it, I had to give it a try." Clark bought two cigalikes at a convenience store. By the next day, he says, he'd "killed the batteries" on both.

The experience wasn't the same as smoking, he recalls. The kick of nicotine, for instance, was delayed and much less potent. "But I could still feel a little peppery jolt at the back of my throat; plus, the hand-to-mouth action and the vapor I exhaled replicated a lot of the physical cues you get used to from smoking. For me, this was definitely a 'proof of concept' experience." For the first time in his adult life, Clark says, he spied a real escape from something that had both enslaved him and was, he had no doubt, killing him.

That weekend, Clark ordered a customisable e-cig starter kit online. When it arrived, he took his last puff of a traditional cigarette and tossed the pack away. In the year since, he hasn't smoked once, though he continues to vape regularly and concedes that he remains addicted to nicotine. But the nature of this addiction, he maintains, has moderated in intensity.

"When I smoked," Clark explains, "I could go for maybe 30 minutes to an hour before feeling withdrawal and desperately wanting a cigarette. But with vaping, there are times now when I forget to use my e-cig. I never forgot to smoke."

#### "NO ONE HAS TOLD ME THAT THEY NEVER SMOKED BEFORE, THEN

tried e-cigarettes, got addicted to nicotine, and switched to real cigarettes," says Dr Siegel. "It always goes in the opposite direction: They smoked for decades, tried everything to quit but couldn't, then tried e-cigarettes and haven't smoked a cigarette in years."

Opponents of e-cigs admit that such success stories do exist, but insist that they're far from typical. Plus, says Glantz, "What the population-level data shows is that smokers who use e-cigarettes are less likely to quit smoking than those who don't use them."

HOW MANY KIDS WILL START  
OFF USING E-CIGS BUT THEN  
BE TEMPTED LATER INTO  
TRYING OUT THE REAL THING?

▼

#### THE TALE OF THE VAPE

11%

Number of current vapers who believe e-cigs are "absolutely harmless"

58%

Number of people who report at least one side effect from e-cigs, such as sore throat or dry mouth

79%

Number of former smokers who worry they'll slip back to tobacco if they ever stop vaping

Sources: *International Journal of Environmental Research and Public Health*, *Addiction*

Glantz bases this on several longitudinal and cross-sectional studies that suggest that most smokers who try vaping end up using it in addition to and not instead of cigarettes. However, research has associated vaping with a significant reduction in cigarettes smoked per day—in one study, the average dropped from 20.1 to 16.3. Moreover, some of the other studies Glantz references did not assess how nicotine-dependent the study participants were, nor whether they were trying to quit. Nevertheless, he says, "the chance of getting five or six independent studies all pointing in the same direction is like flipping a coin six times and getting heads six times. It's very unlikely they're wrong."

That's not necessarily true, counters Dr Siegel, who cites a recent University College London study in the journal *Addiction* in which 5,863 smokers who'd tried to quit at least once in the previous year were polled about which method they'd chosen. The results: Those who'd opted for e-cigarettes were roughly 60 percent more likely to have succeeded than those who'd tried to stop either cold turkey or with the help of nicotine gum or patches.

To date, the largest trial to directly compare e-cigs with nicotine patches found the former slightly more effective in helping smokers quit after six months of use, with 7.3 percent being certified tobacco-free versus 5.8 percent on the patches. "They can be modestly effective," acknowledges the AHA's Bhatnagar, "but not much more than approved therapies. They are also much more likely to promote dual use."

E-cigarettes raise worries about other populations too. What about former smokers, who somehow managed to kick the habit completely for years? Might they be coaxed back to nicotine by e-cigs, only to eventually relapse to cigarette use? Perhaps the most unsettling question of all: how many kids will start off vaping but then be tempted later into trying out the real thing?

This fear was dramatically inflamed after the CDC published survey data showing a surge in e-cigarette use among middle and high school students from 2011 to 2012. The survey also noted declines in regular cigarette smoking among these same groups. This doesn't necessarily mean e-cigs contributed to the reduction in tobacco use. But neither does it indicate that they're giving rise to a new generation of smokers.

If the CDC's predicted epidemic does happen, the instigator is likely to be Big Tobacco, which has until recently viewed e-cigarettes as a threat. Beginning with Lorillard's 2012 acquisition of Blu e-cigarettes, all of the other major tobacco companies, one by one, have adopted an "if you can't beat 'em, join 'em" philosophy. By 2014, Altria and British American Tobacco had both purchased independent e-cig brands, and Reynolds American and Swisher had developed their own in-house products. Britain's Imperial Tobacco, for its part, bought out Dragonite

International (previously Ruyan) in a deal that appears to have included Hon Lik's original patents. Through a subsidiary, Imperial is now suing many of its rivals for patent infringement.

Research analysts at Wells Fargo Securities predict that the three largest US tobacco companies will commandeer 75 percent of the e-cig market within the next decade. An industry born in the hope of rendering Big Tobacco obsolete, in other words, may end up being swallowed up by it.

This doesn't guarantee, of course, that these companies will again try to victimise the hearts and lungs of Americans. However, says Glantz, "history gives good reason for pessimism. In the '50s, the tobacco industry fooled the world with filtered cigarettes. These weren't safer, though millions died having been led to believe they were. In the '70s, the industry scammed us by marketing light and mild cigarettes. Once again, not safer, but a great boost to keep people addicted and paying for it with their wallets and their lives. And now here we go again with new addictive devices pitched to be safer. With this industry's deadly track record, in what right mind should we trust our public health to nicotine aerosols inside unregulated vapors?"

One wild card in all of this is the FDA. From 2008 to 2010, the agency battled manufacturers of electronic cigarettes, first arguing in court that they are "unapproved drug/device combination" products. The FDA lost, appealed, and lost again. Rather than go to the Supreme Court, the agency classified e-cigs as "tobacco products" in order to gain authority over them through the Tobacco Control Act. The next step was to work on formulating regulations, something the agency promised to begin soon.

"Soon," however, stretched out into years as the initiative fell victim to political gridlock, the 2013 government shutdown, and numerous bureaucratic delays. At this point, it's unclear when or even if regulations will be implemented, given the likelihood of lawsuits from the manufacturers.

#### **AS SOON AS MY DAD CALLED TO TELL ME ABOUT MY**

mom's hospitalisation, I booked the first flight from St Paul to Pittsburgh, bringing a small picture with me.

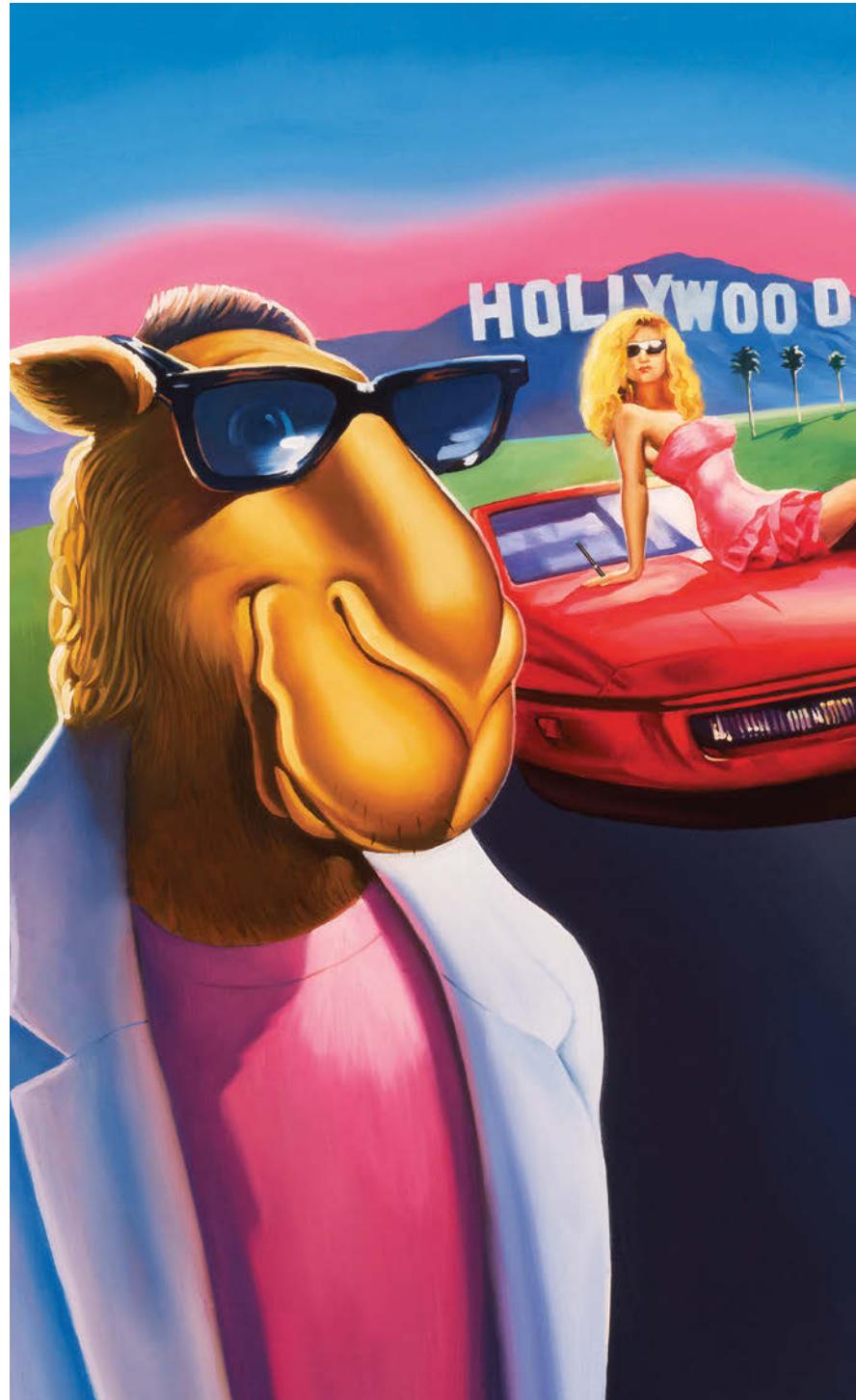
By the time I reached the intensive care unit, my mom was hooked up to IVs and oxygen. The day before, surgeons had cracked open her rib cage and removed a cantaloupe-size mass from her chest. The tumor had entirely supplanted her left lung and invaded deep into her chest wall.

We talked for a while, and then I pulled out the picture I'd brought her: a black-and-white sonogram of my second son, Jack. His due date wouldn't come for another three months, but my mom's gray eyes lit up. We both knew this was as close as she'd come to meeting her second grandchild.

Patients in extremis sometimes suffer a transient phenomenon called ICU psychosis that can cause delirium. Suddenly Mom glanced away from Jack's picture and pointed toward the monitor deck, where she imagined my son Ben was perched. "Oh, catch him, please, he's going to fall!" she begged me. So I pretended to grab the little guy in my arms. "See, he's safe," I said, cradling him. At this, my mom slowly relaxed and drifted to sleep. She woke later, her mind again lucid, and begged me to protect both my boys from the horror that brought her here.

I promised. She died the next morning.

Ben and Jack are now both in their 20s and neither, thank



god, has taken up smoking. Statistics, Bhatnagar tells me, suggest that 98 percent of all smokers begin before age 26, so the odds are good my sons will never start. I still worry about them, though. Might e-cigarettes lure them into giving nicotine a try—a first innocent step on a ruinous path? And if not my sons, what about their own sons or daughters someday?

When I consider loved ones who aren't lost yet but still could be, it's difficult for me to view e-cigarettes as anything but menacing. But thinking of those, like my mom, who are already gone, I can't help but wish that Hon Lik's invention had come decades sooner. ■





# FUN CLOTHES FOR THE SERIOUS PLAYER

You don't always have to be donned in a double-breasted suit ensemble to show that you mean business. Follow these tips and you'll look just as fitting outside the office.

**UNIQLO** shirt [www.uniqlo.com/my](http://www.uniqlo.com/my);  
**MASSIMO DUTTI** pants [www.rshlimited.com](http://www.rshlimited.com);  
**ADIDAS** ball [shop.adidas.com.my](http://shop.adidas.com.my)



### THROW OXFORD A CHANGEUP

Can a pair of oxfords really be cool? The sneaker-esque element in this says yes. Not only does it improve on the dull footwear you wear to work, but the relaxed version gives you more freedom by letting you mix and match your getup.

**MASSIMO DUTTI** pullover [www.rshlimited.com](http://www.rshlimited.com);  
**UNIQLO** pants [www.uniqlo.com/my](http://www.uniqlo.com/my);  
**DR MARTENS** shoes [www.drmartens.com](http://www.drmartens.com)



## TURN OFF THE FLASH

Pastels are great in creating that soft yet bold look. And the colours can be a more timeless alternative to the primary ones. "They don't just give the classic business outfit, but also the more casual style with sneakers—that extra edge to grab the spotlight," says Quante.

**SUPERDRY** shirt and shoes [www.fjbenjamin.com](http://www.fjbenjamin.com); **PORSCHE DESIGN** pants [www.porsche-design.com](http://www.porsche-design.com)





## CREATE SPACE FOR BLUE

Don't be surprised to see blue everywhere this year.

"It is the colour in all its variation," says fashion stylist Julia Quante. It works exceptionally well when put together with the most luminous of all the colours of the spectrum, namely yellow.

**BANANA REPUBLIC** blazer [www.tjbenjamin.com](http://www.tjbenjamin.com);

**PAUL SMITH** shirt [www.club21global.com/my](http://www.club21global.com/my);

**UNIQLO** pants [www.uniqlo.com/my](http://www.uniqlo.com/my);

**ADIDAS** soccer ball [shop.adidas.com.my](http://shop.adidas.com.my)



## EASE THE TRANSITION

A lightweight rain jacket in solid colour is versatile enough for sports and street wear. "These days you have no excuse to not buy functional clothes that are also fashionable," says Quante. It's more than just practicality: the greater the aesthetic appeal, the more occasions you get to wear them.

**CALVIN KLEIN** jacket [www.club21global.com/my](http://www.club21global.com/my);  
**UNIQLO** polo shirt [www.uniqlo.com/my](http://www.uniqlo.com/my);  
**FRED PERRY** pants [www.fredeperry.com](http://www.fredeperry.com)

## UPGRADE YOUR POLO

The new breed of polo shirts screams for attention with modifications such as longer button lines and sleeves as well as a range of collar details, says Quante. Wear one with a neat pair of shorts or pants to any nonchalant setting that demands a bit of dressing up.

**FRED PERRY** polo shirt [www.fredperry.com](http://www.fredperry.com);

**GAP** shorts [www.fjbenjamin.com](http://www.fjbenjamin.com);

**BOTTEGA VENETA** shoes [www.bottegaveneta.com](http://www.bottegaveneta.com);

**ADIDAS** soccer ball [shop.adidas.com.my](http://shop.adidas.com.my)



## MAKE BASIC FUN

"Make T-shirts with minimal patterns your new basic," advises Quante. That being said, although these pieces might be fun to rock occasionally, they're tricky to coordinate. Avoid going overboard by keeping the rest of the pieces as clean and simple as possible.

**A-ONE** jacket [www.aoneclothing.com](http://www.aoneclothing.com);  
**BEN SHERMAN** T-shirt [www.bensherman.com](http://www.bensherman.com);  
**MASSIMO DUTTI** pants [www.rshlimited.com](http://www.rshlimited.com)





#### DRESS IT UP AND DOWN

Yes, bomber jackets are continuing to dominate the runway this season, says Quante. While it is acceptable to dress it up, know that doing so changes the rules: it's still casual so opt for button-down check shirts rather than cutaway collars and knitted (not silk) ties.

**BALLY** bomber jacket [www.bally.com](http://www.bally.com);

**FRED PERRY** polo shirt [www.fredeperry.com](http://www.fredeperry.com);  
stylist's own towel

# TURN TO GOLD

A top-notch timepiece is always elegant, but one in the precious yellow shade adds a note of luxe polish.

**MAKE A BOLD, CONFIDENT STATEMENT**  
with the gold of a luxurious metallic watch.  
It gives off a sense of opulence while  
exuding an amazing accent to any colour  
of clothing. Prefer to be subtle in your  
approach? Choose one with minimal  
touches to the timepiece. Want something  
warm but less conventional? Slip on a  
yellow or rose gold watch that is bound to  
get you noticed.

### EDOX

#### *Les Bémonts Open Vision Automatic*

Stainless steel case coated with PVD rose  
gold. Transparent case back. Water resistant  
to 30 metres. Automatic movement.  
[www.crystaltime.com.sg](http://www.crystaltime.com.sg) RM4,030



### CLAUDE BERNARD

#### *85017-37R-ABR*

Stainless steel gold case accompanied by  
an open heart design with a contrasting  
bezel and a croc-patterned leather strap.  
Water resistant to 50 metres. Automatic  
movement.  
[www.crystaltime.com.sg](http://www.crystaltime.com.sg) RM3,180



MIDO

*Baroncelli Small Second*

Stainless steel case with gold PVD coating. Featuring an hour, a minute, a second and a date display on its silver dial, it shows off a large leather strap with a sturdy folding clasp. Water resistant to 50 metres. Automatic movement.  
[www.mido.ch](http://www.mido.ch) RM3,000

CORUM

*Heritage Ingot*

Yellow gold case with 24K gold dial resembling a freshly poured ingot. Black crocodile leather strap fitted with an engraved pin tongue buckle. Water resistant to 30 metres. Automatic movement. Available at Cortina Watch.  
[www.corum.ch](http://www.corum.ch) RM97,700



HUBLOT

*Spirit of Big Bang King Gold*

Satin-finished 18K king gold with polished and microblasted 18K king gold bezel with 6H-shaped titanium screws as well as sapphire dial, satin-finished gold plated appliqués and hands with white luminescent. HUB4700 self-winding skeleton chronograph movement.

[www.hublot.com](http://www.hublot.com) RM161,300





**ORIS**

**Classic Date**

Multi-piece stainless steel case with rose gold PVD-plated top ring. Hours, minutes and seconds rose gold tone centre hands. Date feature at 6 o'clock. Water resistant to 50 metres. Automatic movement. [www.oris.ch](http://www.oris.ch) RM4,000

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## WIN A COMPLETE SET OF BAD LAB PRODUCTS WORTH RM86!



Malaysian brand Bad Lab is the all-new personal care range for the unconventional man. Boasting an extensive range of items from hair clay to shower gels, Bad Lab products are 'man-gineered' for the man who's all walk and little talk.

Be the talk of the town (or the gym) when you whip out your bad-ass Bad Lab products made to resemble motor oil canisters in a cool copper wrap featuring cave man prints. Stay bad with Bad Lab but do so while looking and smelling good.

### PRIZES:

48 readers will win a complete set of Bad Lab products that include: Facial Cleanser (100ml), 3in1 Wash (400ml), Anti-Dandruff Shampoo (400ml), Hair Clay (50gm), Bodu Sculpting Shower Gel (400ml) and Deodorant Spray (100ml). All worth a total of RM86!

### QUESTIONS:

1. Bad Lab is a brand of men's grooming products based in Malaysia (True/False)
2. Bad Lab products can be bought online (True/False)
3. Where is our travel destination this month?

**CLOSING DATE: 30 April, 2015**

### HOW TO WIN?

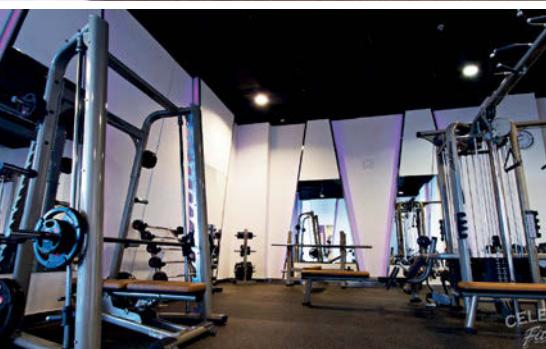
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# Men's Health®

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Celebrity Fitness is one of the region's fastest growing fitness and wellness brands. It pioneers a unique lifestyle concept that combines fitness with entertainment while serving as a lifestyle partner to members who are affectionately referred to as "Celebrators".

Celebrity Fitness Jaya One and other clubs offer members a one-of-a-kind gym experience. The ambience and aesthetics of the club draw inspiration from real life celebrity hangouts in Hollywood, Beverly Hills and Miami, and are guaranteed to impress members from the moment they step in. In addition, Celebrity Fitness Jaya One will be the only club in Malaysia fully-equipped with Precor, a cutting-edge fitness technology endorsed by the United States Air Force Base.

#### PRIZES:

Five winners will receive a one-month membership to Celebrity Fitness Jaya One and six functional training sessions worth a total of RM1,200.

#### QUESTIONS:

1. Name two other Celebrity Fitness locations in the Klang Valley.
2. When was Celebrity Fitness founded?
3. What is one of the dating tips from our *MH Woman* Ann Osman this month?

**CLOSING DATE: 30 April, 2015**

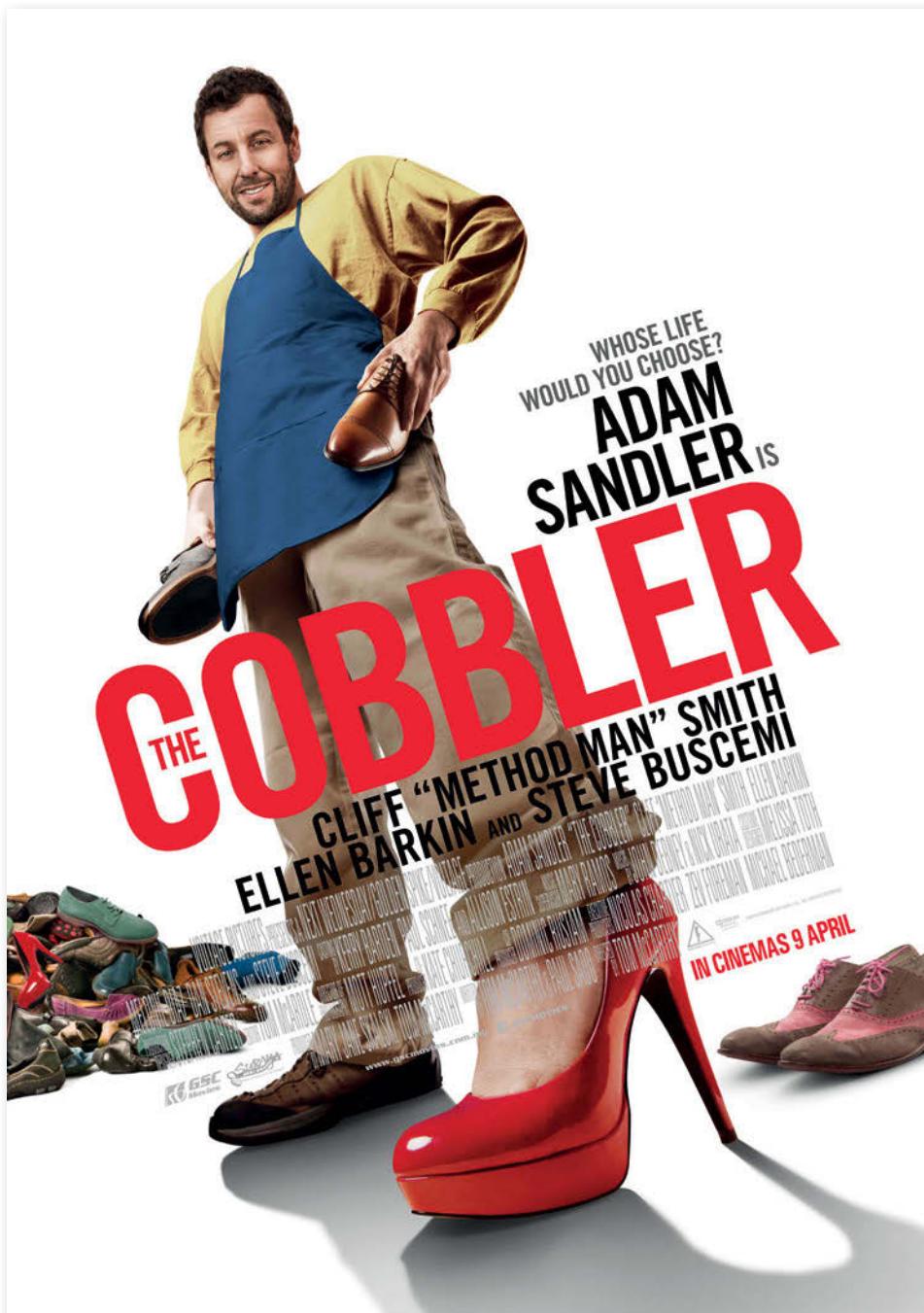
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# Men's Health®



## WIN PREVIEW PASSES TO THE COBBLER!

Max Simkin (Adam Sandler) repairs shoes in the same New York shop that has been in his family for generations. Disenchanted with the grind of daily life, Max stumbles upon an heirloom that allows him to step into the lives of his customers and see the world in a new way. Sometimes walking in another man's shoes is the only way to find out who you really are.

### PRIZES:

Readers will win a pair of exclusive preview passes to *The Cobbler*!

### QUESTIONS:

1. Who plays the character Max Simkin in this movie?
2. Name the director of *The Cobbler*.
3. According to one of our nutrition bulletins, is brown or white rice the better option?

**CLOSING DATE: 6 April 2015**

## HOW TO WIN?

VISIT OUR WEBSITE, [WWW.MENS-HEALTH.COM.MY](http://WWW.MENS-HEALTH.COM.MY), TO ENTER AND WIN PREVIEW PASSES TO THE COBBLER!

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# Uncommon Wisdom

## Making a Case for the Phone Wallet

### PITY THE MODERN MAN'S PANTS:

Today's big smartphones and fat wallets conspire to create some odd bulges. Thankfully, there's hope: the phone wallet case pulls double duty to streamline your slacks and squelch any mixed signals about your state of arousal. Matt Altschul, president and CEO of CM4, a company that designs and sells phone cases, points out key features that keep your device ding-free, your Amex in place, and your style dialled in.



1

### The Material

If your phone could talk, it would ask you to buy it a soft-touch rubber or silicone case to disperse shock. And Altschul recommends a fabric interior to swaddle your credit cards. If you choose to go the stylish route, opt for genuine leather. Just remember: an overstuffed Costanza wallet will lose its shape over time. To fix that, dab water on any stretched-out areas. As they dry, they'll shrink to original size.

2

### The Phone Holster

Aim for a skintight fit to keep sweat and crud out, says Altschul. And for screen protection, look for a bevelled top edge that's at least one millimetre high. To measure, go old-school: bring a pencil to the store, slide the phone in the case, and place the graphite tip against the screen beside the bevelled edge. The distance between the screen and top of the case should be about the same size as the tip.

3

### The Stitching

A glued seam is a split waiting to happen, so look for stitching. Choose nylon thread over cotton. For one thing, nylon is stronger, so it can take more case-cramming abuse before breaking. It's also water-resistant, which means it won't rot like cotton if it gets wet (from rain or your attempt to remodel it). How do you tell the threads apart? Nylon is synthetic; it'll appear sleek and shiny, not fibrous.

4

### The Portholes

Cases with narrowly cut access holes make plugging in your headphones or charger a pain. Pretest by bringing your add-ons to the store. To make sure they're secure, listen for a click as you insert the plug, Altschul says.

#### OUR FAVOURITES:

Samsung Galaxy Note 4 Flip Wallet ([lazada.com.my](http://lazada.com.my)) **RM105** and Deluxe Retro ([ipmart.com.my](http://ipmart.com.my)) **RM58.85**

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